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Celebrity Buzz

Hubby dishes on Richie cravings

pg 41

Canadian Forces hit Taliban in key district

OPERATION Canadian soldiers in Kandahar have finished one of their largest operations so far this year, aimed at harassing the Taliban out of a key area south of Kandahar city.

The four-day Operation Constrictor in the violent Panjwaii district netted a cache of weapons and bomb-making materials, and was a milestone for the Afghan National Army and their Canadian Forces mentors.

Several recent operations have focused on the area, where Canadians dismantled four Taliban bomb-making factories last month.

Canadian soldiers will maintain a permanent presence in the area, which borders the Dand district where Canada has established a "model village" project in the town of Deh-e-Bagh.

The Canadian military hopes to expand its "model village" approach to defeat the insurgency one community at a time.

THE CANADIAN PRESS

Local pg 3

DNA opens door home

Oh Canada **Flag Flap**

JIM WILKES/TORSTAR NEWS SERVICE

Richard Field, left, and Rose Wittemann say they're disappointed to be asked to remove this Canadian flag from the tree outside their Mississauga townhouse. Condominium rules forbid flagpoles or similar displays, but management says they asked for it to be removed because it was dragging on the ground, not for any unpatriotic reason. More coverage, page 6.

Booze it and lose it?

Binge drinking can impact on memory, study suggests

Binge drinking could lead to nursing more head troubles than a hangover — it could alter brain functioning and memory, a new study suggests.

Researchers conducted a study of first-year Spanish university students to look at the impact binge drinking had on their attention and visual working memory processes. The study defined binge drinkers as males who drink five or more standard alcoholic drinks within a two-hour interval on one occasion. Women who drank four or more drinks under the same conditions were classified as binge drinkers.

A total of 95 students from the University of Santiago de Compostela in Galicia ranging in age from 18 to 20 took part. Forty-two students were classified as binge drinkers. The remaining 53 were identified as "control" students — those who didn't drink enough to raise concerns.

"Despite adequate performance, if alcohol-induced disruption increases, then performance-related problems may emerge." Alberto Crego, researcher

Researchers found healthy young university students who engaged in binge drinking required more attentional effort to complete a given task.

"Despite adequate performance, if alcohol-induced disruption increases, then performance-related problems may emerge," corresponding author Alberto Crego wrote.

Florence Kellner, senior research and policy analyst with the Canadian Centre on Substance Abuse, said the real significance of the research "might be a bit up in the air."

"What we don't know really is the long-term impact, which is will (these) differences endure in later life," she said. "One thing we do know is young students when they drink heavily they tend to clean up their acts quite a bit when they graduate, get jobs and have their families … that's the tendency."

THE CANADIAN PRESS

Teachers slam test

EQAO Ontario's elementary teachers want the province to drastically scale back standardized testing, saying it is a "political tool" that wastes too much time and doesn't reflect student achievement.

In several motions to be debated at next week's annual meeting of the Elementary Teachers Federation of Ontario, several locals are asking the union to lobby for major changes to the tests, which are developed and administered by the province's Education Quality and Accountability Office — known as EQAO — and given to elementary students in Grades 3 and 6, testing reading, writing and math. It costs $32 million a year.

"This ... test is unfair." Toronto local motion

"EQAO drains much-needed time and resources away from teaching and learning," says one motion, from the Toronto local, arguing such assessments are American-style and widely discredited even there.

"This standardized test is unfair, does not help students learn, and is not an accurate measure of student progress. It does not account for socio-economic conditions and does not measure other important aspects of education."

TORSTAR NEWS SERVICE

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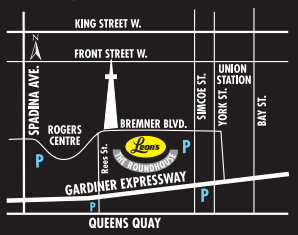

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Fire a result of vandalism, firefighters say
Toronto firefighters say vandalism is behind a two-alarm highrise fire in East York early yesterday. A mattress in the seventh-floor hallway of 90 Parma Court was torched around 2 a.m., belching black smoke that darkened that hallway and others. TORSTAR NEWS SERVICE

Local

3 charged with impaired driving

Ontario Provincial Police have arrested three Peel region residents after three unrelated impaired driving incidents over the weekend. Rajneev Bains, 25, of Brampton was charged with impaired driving with a blood/alcohol concentration of over 0.8. Adam Teresziewicz, 30, of Mississauga has been charged with impaired driving and stunt driving. Mateusz Ropel, 30, of Mississauga is facing several charges including impaired driving, dangerous driving, and failing to remain at the scene of a collision. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Relating
Sofi Papamarko gives her take on modern relationships for Metro readers.

metronews.ca

WHAT'S ONLINE TODAY

Video Canada to pursue bilateral deals after Stephen Harper says talk of a global pact has "stalled" at **metronews.ca/canada**

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Canadian set for return

Way home being paved for woman stranded in Kenya

Ottawa is preparing emergency travel documents to bring home a Toronto woman stranded in Kenya since May, one day after a DNA test confirmed her identity.

Officials with the Canada Border Services Agency said yesterday that documents would be issued for Suaad Hagi Mohamud, although the agency did not reveal how long that would take.

The Somalian-born Mohamud, 31, had been visiting her mother in Kenya and was about to fly back to Canada when officials stopped her May 21 in the Nairobi airport, claiming she was not the same person pictured in her four-year-old passport photo.

At issue was the size of her lips. Mohamud showed officials various pieces of ID and volunteered fingerprints, but could not convince them of her identity.

Canadian consular officials labelled her an "imposter," voided her passport and sent the case to Kenyan authorities for prosecution.

She spent eight days in jail before being released on bail, albeit without travel documents.

Results of a DNA test released Monday — one that compared Mohamud's genetic makeup with that of her 12-year-old son — showed a 99.9 per cent match. THE CANADIAN PRESS

HANDOUT PHOTO

Suaad Hagi Mohamud, the woman who has been stranded in Kenya after being detained for a passport mixup, is coming home after DNA tests revealed she is who she says she is.

News in brief

EMS A good Samaritan who rushed to perform CPR on a dying man is wondering why he hasn't yet been contacted by provincial investigators looking into why it took Toronto Emergency Medical Services more than 30 minutes to arrive. A month-and-a-half after he watched 59-year-old Jim Hearst die on the floor of his downtown apartment building, Manuel Rodriguez says he and two other first-hand witnesses have heard nothing from the Ontario Ministry of Health. TORSTAR NEWS SERVICE

Young man on bike gunned down

SHOOTING After the police tape had come down and the body was long gone, Louis Llewellyn moved in for a closer look at a homicide scene. He peered through dark sunglasses into the shattered back window of a neighbour's black SUV, and at what appeared to be a neat round exit hole on a side window.

That shot and others missed their mark late Monday night, with bullets lodging into two homes and another vehicle on Sultan Pool Drive, a tidy street of bungalows near Martin Grove Road and Finch Avenue West.

A stray bullet from a shooting that killed Tevane Sean Lennon exited this window.

Several shots did not miss. They struck down Tevane Sean Lennon, 22, on the street where he lived, in the neighbourhood where he grew up. He was Llewellyn's brother-in-law, and the father of a three-year-old daughter.

Police say Lennon was on his bicycle Monday night, heading toward his home on Sultan Pool, when he was shot at by people in a dark, older-model car, similar to a Honda Civic. TORSTAR NEWS SERVICE

Does Toronto need a safe injection site?

DRUGS Even as the future of Vancouver's controversial supervised drug injection site remains in doubt, a group of researchers is quietly studying whether Toronto and Ottawa would benefit from similar facilities.

The study, launched more than a year ago, will evaluate whether there is a need in the two cities for clean, staffed medical clinics where drug addicts can inject or use illegal drugs, including heroin and crack cocaine.

"This is not a study to see how to establish a site. This is a study to look at whether it makes sense to have a site or not, whether there should be one site or multiple sites or no sites, and whether the sites, if there should be any, should be fixed or mobile. We will be answering those types of questions," said Dr. Ahmed Bayoumi, a co-principal investigator of the study and scientist at the Centre for Research on Inner City Health at St. Michael's Hospital

The feasibility study, dubbed the Toronto and Ottawa Supervised Consumption Assessment (TOSCA), was requested by the city.

It stems from a recommendation submitted in the Toronto Drug Strategy, which was approved by Toronto council in December 2005. TORSTAR NEWS SERVICE

Insite

- Vancouver's Insite program was the first supervised injection site in North America.

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Cyclist in hospital after collision
A 20-year-old Brampton cyclist is in hospital with serious head injuries after colliding with a minivan on Mt. McKinley Lane near Bovaird Drive and Airport Drive. The cyclist was treated at a Brampton hospital and then transferred to a Toronto trauma centre, where he was in stable condition yesterday. TORSTAR NEWS SERVICE

Police pepper-spray man

Toronto police officers pepper-sprayed and tackled a knife-wielding man in a spectacular takedown yesterday morning, after the man allegedly threatened several women in Moss Park earlier, police said.

Police say that the man, in his early 50s, was in the park near Queen Street and Sherbourne Street just before 10 a.m. when he allegedly began waving a knife at several women in the park and threatening them with it.

Two police officers confronted him on Shuter Street, but when the man refused to drop his knife, the officers pepper sprayed and tackled him. He was eventually disarmed, and was taken to Toronto General hospital to decontaminate from the pepper spray.

DALE BRAZAO/TORSTAR NEWS SERVICE

Police surround a man after tackling and pepper-spraying him in Moss Park yesterday.

The scene in Moss Park is unfortunately all too familiar to nearby residents, who can recall the area's continuing history of drug crime and visible homelessness.

In 2007, a man in his twenties was found shot in the head in the park.

In 2008, two Canadian Force Reservists pleaded guilty to manslaughter and sentenced to 10 years in prison after the beating death of a homeless man in the park.

TORSTAR NEWS SERVICE

IMPORTANT NOTICE

Government of Canada Gouvernement du Canada

Important message regarding the lifting of the temporary suspension of removals to Burundi, Liberia and Rwanda

On July 23, 2009, the temporary suspension of removals to Burundi, Liberia and Rwanda was lifted.

Recognizing that some individuals from these countries have been in Canada for a decade or more and may have developed significant ties to this country, the government has implemented measures for those affected by the lifting.

Individuals subject to a removal order as a result of the lifting of the temporary suspension of removals to Burundi, Liberia and Rwanda who apply for permanent residence on humanitarian and compassionate grounds will be allowed to stay in Canada while their application is reviewed.

To find out if you are eligible for these measures and to learn more about the deadlines for submitting your application, contact Citizenship and Immigration Canada at **www.cic.gc.ca** or call toll-free at **1-888-242-2100**.

Canada

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Dan Frankian, a falconer who runs Hawkeye Bird and Animal Control, a company that removes pest birds and rehabilitates injured predatory birds, releases a screech owl he got from Kitchener and rehabilitated for three weeks at Humber Bay Park East.

Healing the GTA's injured wildlife

ANIMALS There was no doubt the swallows sensed the danger, bursting into the air the moment the predator was released.

In the water below, a raft of ducks paddled swiftly in the other direction, making a slightly less frantic but still obvious retreat.

"If that was a larger owl one of those ducks would be history," said Dan Frankian, after he released a five-inch grey screech owl at Humber Bay Park East.

Frankian is a falconer, and owner of Hawkeye Bird & Animal Control Inc. (www.hawkeye.ca). The company rehabilitates injured birds of prey and removes "pests" such as pigeons, geese, raccoons and skunks. They have locations in Oshawa and Halton Hills and serve the GTA.

"It can figure out where it wants to go from here."
Dan Frankian

Founded in 1987, Hawkeye rehabilitates anywhere between three to 30 birds every year. About 70 per cent of birds in their care survive, said Frankian.

Frankian expects the owl will migrate south for the winter, following local birds to the United States.

"It can figure out where it wants to go from here."

TORSTAR NEWS SERVICE

Private garbage collection coming?

CITY The chair of Toronto's audit committee says he's asked auditor general Jeffrey Griffiths to measure whether contracting out garbage collection costs less than using city employees.

Mayor David Miller says he's not persuaded that privatizing garbage pickup will save the city money, but Coun. Doug Holyday says Griffiths has been "receptive" to studying the issue. Holyday is a former mayor of Etobicoke, which privatized garbage collection before Toronto was amalgamated into a single city in 1998. Etobicoke still has private pickup, and was the only part of the city that had garbage service during the strike.

TORSTAR NEWS SERVICE

News in brief

TEACHERS The elementary teachers' union has passed on inviting Education Minister Kathleen Wynne to its annual summer meeting saying it doesn't want to put her in a "potentially embarrassing situation." The union is angry over a provincial-level agreement that boosted elementary teacher salaries by 10.4 per cent over four years, when the rest of the teacher unions were given 12.55 per cent.

WAR RESISTER The first female Iraq war resister to seek refuge in Canada has won a new review of her case based on punishment she might face in the U.S. Yesterday, Federal Court Judge James Russell ordered a different immigration officer to examine the case of Kimberly Rivera, 27, who served in Iraq and fled to Canada in 2007.

TORSTAR NEWS SERVICE

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Storm leaves thousands in the dark

Nearly 10,000 homes in the Ajax-Pickering area were without power yesterday morning, with officials blaming it on a switch failure caused by Sunday night's thunderstorms. The power was quickly restored close to 10:30 a.m. **TORSTAR NEWS SERVICE**

News in brief

SACKED Aurora council has fired its integrity commissioner after just two months on the job, the latest salvo in an ugly political war of words that started over pointed criticisms of city staff posted on a long-time councillor's blog. David Nitkin, president of EthicScan Canada, was axed last Thursday, a day after he rejected a formal complaint lodged by town council against one of its own. **TORSTAR NEWS SERVICE**

Outbreak assumptions unfounded, says study

Flu Outbreak

VIRUS A new commentary in a medical journal suggests the world may be making unfounded assumptions about what's to come with H1N1, also known as swine flu, because of misunderstandings about what happened in the 1918 Spanish flu pandemic.

The authors, including one whose team found and sequenced the 1918 virus, say evidence the Spanish flu started mild and then rose in virulence is not strong. They say while many people believe there was a "herald wave" of milder illness in the spring of 1918, there is no biological proof the spring outbreak was caused by the same virus that ripped through the Northern Hemisphere that fall.

The authors, from the U.S. National Institute of Allergy and Infectious Diseases, say they studied about 14 pandemic-like events dating back to 1510 and see no evidence the viruses caused waves of infections. **THE CANADIAN PRESS**

MORE COVERAGE, PG 8

Vacation **Just hanging around**

RENE JOHNSTON/TORSTAR NEWS SERVICE

Ramneek Virk, 8, attempts to climb all nine monkey bars yesterday at Morrish Public School in Scarborough. She is here from England visiting for holidays and Ramneek did make all nine bars on her third try.

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Flag on tree ordered down

An old saying suggests it's better to seek forgiveness than ask permission.

But when it came to the Canadian flag hung in a tree outside their rented Mississauga townhouse, Rose Wittemann and Richard Field got neither.

The Meadowvale couple had been displaying the Maple Leaf for much of the past three years, but was told by the condominium's management company to remove it late last month.

"It sickened me that someone thought it should be removed." Wittemann said yesterday. "We could understand if it was something offensive, but it's the flag of our country."

She said the flag was also meant as a show of support for her brother, a soldier to be deployed to Afghanistan next month

> **"It sickened me that someone thought it should be removed."**
> Rose Wittemann

CABER president John Belford said the company isn't in the habit of demanding the removal of flags at the Montevideo Road complex or anywhere else.

"It was tossed in a tree like a rag and was dragging on the ground," he told the Toronto Star. "It looked terrible so we asked them to take it down."

Wittemann contends they've always kept the flag well off the ground and displayed it on the tree only because there was nowhere else to put it. It's now hanging behind the screen door at the front of their unit.

TORSTAR NEWS SERVICE

To Kill a Mockingbird killed from list

BOOKS Harper Lee's Pulitzer Prize-winning novel To Kill a Mockingbird, which challenges the racial injustices in of America's deep south era and has become a fixture on high-school reading lists across the country, will be removed from the English curriculum this fall at St. Edmund Campion Secondary School following a lone complaint from a parent whose child will be in Grade 10 this September.

"The parent was concerned about some of the language in the book," said Bruce Campbell, spokesman for the Dufferin-Peel Catholic District School Board.

Principal Kevin McGuire made the decision at the end of the school year as a way to find a quick solution to the complaint. The board has not banned the book and it will still be available in the library, said Campbell.

But at a school with a significant black population, teachers say the book is a relevant and favoured tool for discussion on racism. With the start of the school year less than a month away, teachers have yet to be informed what they will be teaching instead.

The principal could not be reached for comment.

TORSTAR NEWS SERVICE

N.B., Quebec, Maine to collaborate on Acadian festival 7
Quebec and New Brunswick will join forces with northern Maine in playing host to the 2014 Acadian World Congress, which is expected to draw thousands to the region. THE CANADIAN PRESS

Canada

Self-investigations by RCMP criticized

Outside bodies should be brought in: Watchdog

The Mounties should not investigate their own members in the most serious cases — especially when someone has died — in order to avoid conflict of interest, says the RCMP watchdog.

In a report released yesterday, the Commission for Public Complaints Against the RCMP also recommends sexual assault and serious injury cases involving Mounties sometimes be turned over to outside investigators to ensure independence.

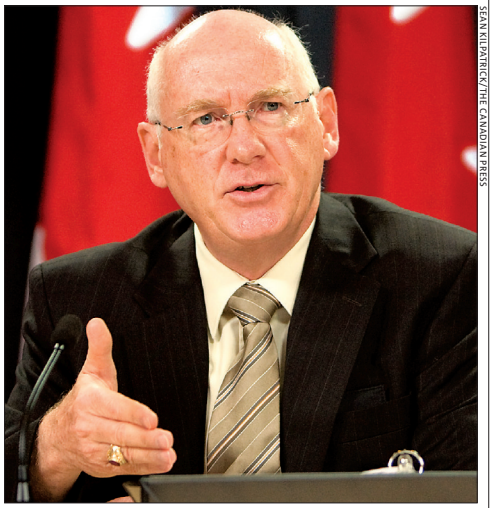
The RCMP responded swiftly yesterday, saying that while changes are in the works, some of the report's proposals may not be practical in remote communities where other police are scarce or nowhere to be found.

The complaints commission, which spent well over a year studying the controversial issue, calls for several policy and legislative changes to avoid actual or perceived conflicts. Currently, the national police force has discretion to decide how such investigations will unfold.

Commission chairman Paul Kennedy told a news conference that "immediate and dramatic action" is needed.

Kennedy urges legislative changes that would give the complaints commission authority to refer an RCMP member investigation to another criminal investigative body. This would automatically happen in cases involving death.

THE CANADIAN PRESS



SEAN KILPATRICK/THE CANADIAN PRESS

Paul Kennedy, chair of the Commission for Public Complaints Against the RCMP, speaks during a press conference at the National Press Theatre in Ottawa yesterday.

Identified problems

- One-quarter of primary investigators personally knew the member under scrutiny.
- In 60 per cent of cases, a single investigator was assigned, creating risk for conflict of interest or perception of bias.
- In almost one-third of cases, the primary investigator was of the same or lower rank as the subject member, creating the potential for intimidation.

Isotope bills piling up

HEALTH Big isotope bills are starting to pile up at medical clinics.

Doctors opened their mail last week and found bills up to $30,000 higher than usual from suppliers who have come to collect after hiking their prices in the spring.

The higher costs came around the same time Atomic Energy of Canada Ltd. shut down its aging reactor at Chalk River, Ont., sparking a worldwide medical isotope shortage.

Those extra costs are just now appearing on bills.

Surcharges have added $5,000 to $30,000 to clinics' monthly isotope invoices, said Dr. Christopher O'Brien, head of the Ontario Association of Nuclear Medicine.

He added some hospitals don't know if they'll be able to pay on time.

Budgets were already set before Chalk River went down in May and sparked the current isotope shortage.

The added costs along the isotope supply chain have forced hospitals to go into debt or cut from other departments to pay for the procedures.

O'Brien said hospitals are hoping for federal and provincial funding, but Health Canada said it has no plans to cover the extra costs. THE CANADIAN PRESS

B.C. fire evacuees to return home

OKANAGAN Nearly 1,500 residents who were forced from their homes by a wildfire in B.C.'s Okanagan will soon be allowed to return.

The Regional District of Central Okanagan said an evacuation order that was put in place on Aug. 1 will be rescinded this afternoon because crews have made significant progress on the Terrace Mountain fire.

The fire is estimated at 91 square kilometres but crews have the fire 75 per cent contained.

The district said the residents will remain on evacuation alert.

THE CANADIAN PRESS

Funeral held for soldier killed in Afghanistan blast

A funeral has been held at CFB Valcartier, Que., for Corporal Christian Bobbitt, one of two Canadian soldiers to die in a roadside bomb blast in Afghanistan on Aug. 1. Bobbitt, 23, and Sapper Matthieu Allard, 21, were killed in Zhari district, west of Kandahar city. THE CANADIAN PRESS

Yukon launches a snack attack

CANDY Yukon is banning the sale of snacks packaged to look like cigarettes or chewing tobacco.

Popeye candy cigarettes, Big League Chew bubble gum and Jerky Chew (shredded beef packaged to look like snuff) could be among items banned, an official says.

Nunavut and Nova Scotia already ban such candy tobacco products.

THE CANADIAN PRESS

Panama's our new trade partner

ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper and Panamanian President Ricardo Martinelli wave beside the Panama Canal yesterday.

Canada's flurry of free-trade deals proceeded apace yesterday as Prime Minister Stephen Harper announced a trade pact with Panama.

The fast-growing Central American nation becomes the eighth country to reach a trade deal with Canada over the last year.

Harper attended a signing ceremony at the presidential palace with Ricardo Martinelli, the country's president, during a brief stop in Panama City at the end of a three-day Latin American swing.

Harper expressed his delight that the new conservative president campaigned on a promise of trade liberalization.

"We must remember that the prosperity generated … in the last part of the 20th century and the beginning of the 21st has been unprecedented in human history," said the prepared text of his speech.

THE CANADIAN PRESS

PM's pledge

- Stephen Harper said in Panama he won't take any extraordinary measures to block the sale of Nortel assets to foreign buyers.
- Nortel is selling off its key assets after seeking bankruptcy protection.

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Police need tips over abduction

CANDY Police say they've had no tips from the public about the alleged gunpoint abduction of a woman who says she was forced to drive from New Brunswick to Toronto.

RCMP Sgt. Claude Tremblay says officers will speak with 44-year-old Marcia Simmons of Noonan, N.B., and have her show them exactly where the ordeal started and what route was taken.

Simmons had driven to Woodstock, N.B., on Saturday to stake out a camping spot when she says she was confronted by a white man in his early 20s and told to drive to Ontario.

Police say the suspect has a medium build, is clean shaven with a tattoo of a star on the left side of his neck and had a pierced lip and nose.

Investigators want to get more details from the woman before they check video from security and traffic cameras.

THE CANADIAN PRESS

Some Manitobans will get free shots

Flu Outbreak

VACCINE Manitoba is making it easier for some vulnerable people to get free of charge the drug that fights the Influenza A (H1N1) virus, also known as swine flu.

The province has set out who can get Tamiflu under Manitoba's pharmacare program if swine flu surges in the fall.

The list includes pregnant women, smokers, the obese and aboriginals.

Patients with underlying medical conditions are also to get priority.

Gail Keeley, with the province's drug program, says officials don't know yet how much the coverage will cost.

THE CANADIAN PRESS

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Comment

Plenty of quacks found online

TheWestView

You know you're not a good old boy (GOB) when ... you don't get hunting. And I don't get hunting.

Call me crazy but I don't understand the great satisfaction that goes with blowing up small animals for fun. Or large animals, for that matter.

So when I watched the YouTube video of the three yahoos blowing up ducks for yucks on a Saskatchewan slough, it set what's left of my hair on fire. If you haven't seen it, it's easy to find. Just Google "YouTube duck shooters" and click straight through to shock and outrage.

And there has been an outcry. The three GOBs in question pleaded guilty to various violations of the Dead Bird Act. Of course, they got off with a fine and a rap on the knuckles — so now their fake contrition can evaporate like a morning mist on a Prairie pond and they can go back to being full-time morons.

If the punishment fit the crime, they'd be up for an extended stay in the Hardrock Hilton for trashing nature while they run around giggling — then compounding their stupidity by posting it on YouTube. Let's see how they feel if they get to be the sitting ducks and the jailhouse regulars get to be the hunters.

The sad truth is that one of the charges these guys pleaded guilty to was hunting out of season — a mere technicality. In season? All you need is a licence and a ridiculously overpowered firearm.

The even sadder truth is these YouTube boobs are hardly unique. There are hundreds (thousands?) of other videos posted on YouTube featuring beefy guys in high-tech gear blowing away ducks, rabbits, bears and various ungulates with carefree abandon, all perfectly legal, all in season.

And yes, I still eat meat, which I buy at a supermarket. And yes, that makes me a shameless hypocrite. I'm trying to quit. But here's the news: We have perfected the technology of fang and claw. There's no need to go out and actively track down dinner, unless you're one of the few thousand people left on the planet who are legitimate hunter/gatherers.

And if you try to convince me there's something special about duck à la buckshot, you're just adding insult to injury. Real men eat tofu.

GOBs, it's time to hand in your weapons. There are plenty of exciting alternatives to exterminating Daffy and Donald and an annual estimated 100 million of their woodland friends. Take pictures of ducks instead. You get to shiver for hours in a blind, just like hunting. You don't need a licence and it's a helluva lot easier on the critters.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: How has the economy affected your vacation plans this year?

Shirin Yousefi
age 24, Toronto
A: Instead of going anywhere exciting, I'm just going camping with my dad.

Basil Ziv
age 62, Toronto
A: I just started a new job, so for me to take a vacation, to me, it's kind of silly.

Celina Vee
age 26, Toronto
A: Fuel surcharges are so high, so whether I want to book a flight or take a car to visit a friend's cottage, it's still going to cost ... more than it usually would.

Joe Young
age 23, Enfield, N.S.
A: Not really. A couple of times trips fell on my lap and I took advantage of them. They were very cheap.

Samantha Thomson
age 30, Vancouver
A: (The economy) has forced me to take more vacation. In a tougher economy we look for more escapism. I just came back from France and England.

Pheing Ngo
age 27, Ottawa
A: I think the economy has affected a lot of people's vacation plans. For me, I'm planning to go to California closer to the winter instead so it'll be a little cheaper.

MICHAEL DE ADDER

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Shriver dies at 88
John F. Kennedy's sister, Eunice Kennedy Shriver, who founded the Special Olympics, died yesterday at a Massachusetts hospital. She was 88. THE ASSOCIATED PRESS

World

Vitriol brings Obama's safety into question

Death threats are part of the job for any American president, but Barack Obama has reportedly had more levelled against him than any commander-in-chief in history.

Concerns about his safety are mounting in the midst of a tense summer that has seen mobs of angry demonstrators showing up to protest Obama's health-care reform plans — including a man openly carrying a pistol yesterday in New Hampshire, where the president held a town hall meeting on health care.

It's legal to carry holstered weapons in the state, so long as they're not concealed.

The man was also waving a sign that read "It Is Time To Water The Tree of Liberty," a reference to the Thomas Jefferson quote: "The tree of liberty must be refreshed from time to time, with the blood of patriots and tyrants."

> **"There's no question his life is in danger."**
> Ronald Kessler, author of In The President's Secret Service

"There is, and rightly so, a growing concern about the tone in American politics right now," Cal Jillson, a political scientist at Southern Methodist University said.

A new book, In The President's Secret Service, says Obama receives as many as 30 death threats a day, 400 per cent more than those made against George W. Bush. Its author, Ronald Kessler, has sent shockwaves through Washington with his allegations that the cash-strapped Secret Service is cutting corners, leaving the first African-American president in U.S. history particularly vulnerable.

"There's no question his life is in danger," Kessler, a veteran investigative journalist, said in an interview.

The Secret Service has vehemently denied those allegations, but images of the armed New Hampshire protester amid suggestions Obama isn't being adequately protected are unsettling to many Americans.

"It's a matter of time until someone is shot. And if it's Obama, the country is going to explode in violence," wrote a commenter on the Washington Post's website.

THE CANADIAN PRESS

England **Jewel thieves?**

METROPOLITAN POLICE/THE ASSOCIATED PRESS

This image shows two men London police want to speak to in connection with an armed robbery at a diamond store last week. Two well-dressed thieves took $65 million US worth of jewels and watches in what may be Britain's biggest jewel heist.

News in brief

CONVICTION A Myanmar court convicted Nobel Peace laureate Aung San Suu Kyi yesterday of violating her house arrest by allowing an uninvited American to stay at her home. The head of the military-ruled country ordered the democracy leader to serve an 18-month sentence under house arrest. The 64-year-old opposition leader has already been under house arrest for 14 of the last 20 years, and the extension will remove her from the political scene during elections next year.

TAIWAN Rescuers have found more than 900 people who escaped mudslides, floods and torrential rains in the southern part of Taiwan. Typhoon Morakot dumped as much as two metres of rain over the weekend on Taiwan and caused the worst flooding in 50 years.

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Madoff's former finance chief pleads in NYC court
The former chief financial officer for Bernard Madoff says he helped the disgraced financier and others "carry out a fraud that hurt thousands of people." Frank DiPascali was pleading in federal court in Manhattan in a co-operation deal. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

GM shows its Prius-buster

Chevy Volt electric car gets 100 km per litre, automaker says

General Motors said yesterday its Chevrolet Volt rechargeable electric car should go 100 kilometres on a litre of gasoline in city driving, more than four times the mileage of the Toyota Prius.

The Volt is powered by an electric motor and a battery pack with a 64-kilometre range. After that, a small internal combustion engine kicks in to generate electricity for a total range of 480 kilometres. The battery pack can be recharged from a home outlet.

$40,000 The first-generation Volt is expected to cost near $40,000 US, but the price is expected to drop with future generations. GM has said government tax credits and the savings on fuel could make it cost-effective.

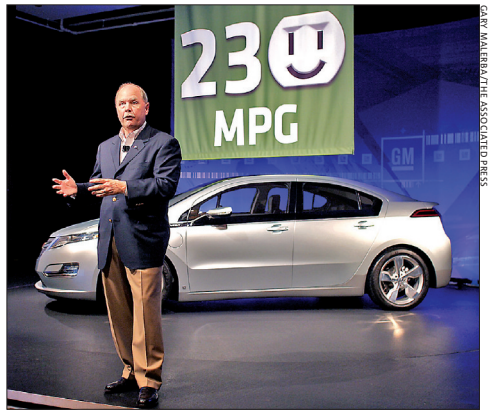
GM came up with the one litre per 100 kilometre (230 miles per gallon) figure in early tests using draft guidelines from the U.S. Environmental Protection Agency for calculating the mileage, said Tony Posawatz, GM's vehicle line director for the Volt.

GM has produced about 30 Volts so far and is making 10 a week, CEO Fritz Henderson said during a presentation of the vehicle at the company's technical centre in the Detroit suburb of Warren. He said charging the Volt will cost about 40 cents US a day.

Toyota's Prius, the most efficient car now sold in the U.S., uses 4.9 litres of gas per 100 kilometres (48 miles per gallon). The gas-electric hybrid runs on a small engine assisted by an electric motor.

GM is nearly halfway through building about 80 Volts that will look and behave like the production model, Posawatz said.

THE ASSOCIATED PRESS



GARY MALERBA/THE ASSOCIATED PRESS

GM president and CEO Fritz Henderson presents the Chevy Volt to the media yesterday at GM's tech centre in Warren, Mich.

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Building of new homes hits bump in the road

HOMES Housing starts declined last month from where they were in June but are expected to rise later this year, Canada Mortgage and Housing Corp. said yesterday.

Housing starts fell to 132,100 units in July from 137,800 units in June, mostly because of the multiple-units segment that includes condos and apartment buildings. In July of last year, there were 18,229 actual starts. CMHC estimated there were 12,712 actual starts last month.

The agency predicted that over the next several years housing starts will gradually become more closely aligned to demographic demand, which is currently estimated at about 175,000 units per year.

THE CANADIAN PRESS

Toronto starts

• Housing starts in the Toronto area dropped by a steeper than expected 17.8 per cent in July compared to a month earlier. Year-to-date starts are down 42 per cent from last year. Analysts blamed soggy weather and labour problems, including the civic strike. TORSTAR NEWS SERVICE

In brief

AEROSPACE Bombardier Aerospace has cancelled an order from Italy's My Air for 15 of its CRJ1000 aircraft as the carrier faces an "uncertain situation," the transportation manufacturer said yesterday. Italy's civil aviation authority suspended My Air's licence last month due to financial troubles. The orders would have been worth $750 million to Bombardier

FUNDS CI Financial Corp. reported a 62 per cent drop in second-quarter profits yesterday as sales of its investment funds declined. The Toronto-based asset management company said its earnings were $50.6 million, or 17 cents per share, compared to $134.7 million a year earlier.

THE CANADIAN PRESS

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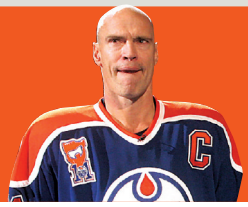
Spezza invited to Olympic camp

Jason Spezza will take part in the national men's Olympic team orientation camp, Hockey Canada announced yesterday. The Ottawa Senators sniper will replace Anaheim Ducks forward Ryan Getzlaf, who is recovering from off-season surgery. METRO NEWS SERVICES

Sports



Moose helps Olympians

Bobsleigh Canada Skeleton, the governing body for bobsleigh in Canada, has turned to Mark Messier, left, to impart his leadership skills. The men's bobsled team has a long history as a fractious bunch, but Messier held them in rapt attention for the 2½ days he spent with the team. Messier is now offering his services, free of charge, to any Canadian Olympian who thinks he could help them out. TORSTAR NEWS SERVICE

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

JED JACOBSOHN/GETTY IMAGES

Adam Van Koeverden broke his ankle while whitewater rafting in June, but called the break the injury afforded him a "positive experience" ahead of the world canoe-kayak championships.

Van Koeverden ready for worlds after breaking ankle

MATTHEW WUEST
matthew.wuest@metronews.ca

CANOE-KAYAK A free helicopter ride around the Grand Canyon might sound like the highlight of a memorable summer vacation.

But when it's the Arizona Department of Public Safety airlifting you out after you broke your ankle while whitewater rafting — and you're one of Canada's most recognizable Olympians — that free ride is a nightmare you'd rather forget.

That's the story three-time Olympic medallist Adam van Koeverden has to tell heading into the world sprint canoe-kayak championships tomorrow in Dartmouth, N.S.

"It probably wasn't the best way to get a Grand Canyon helicopter trip around the Hoover Dam," van Koeverden admitted with a wry grin at a press conference yesterday.

The injury certainly didn't help his bid to rebound after a disappointing showing at last summer's Beijing Olympics, where he offered a dejected apology on national television for an eighth-place finish in the K-1 1,000 metres.

Yet the only visible evidence of the June 16 accident is a three-inch scar on his right ankle — the result of surgery and having four half-inch screws drilled into his fibula.

He's calling the whole thing a "positive experience."

"I got back on the water feeling better than I did when I left," he said. "The rest definitely did its job."

The 27-year-old Oakville, Ont., native said he only took three days of training completely off and had "a solid seven weeks of preparation" for the world championships.

"It was a challenge," he said. "But every athlete likes a challenge."

Jays blow late lead

Hideki Matsui and Jorge Posada hit back-to-back homers leading off the eighth inning and the New York Yankees beat the Toronto Blue Jays 7-5 last night for their eighth win in nine games.

Matsui hit a 3-2 pitch from Jesse Carlson (1-5) deep to right to tie it at 4 and Posada followed with an opposite-field drive that just got over the glove of leaping right fielder Joe Inglett.

The umpires retreated for a video review after a short discussion with Blue Jays manager Cito Gaston, and the call was upheld. Melky Cabrera and Johnny Damon added RBI singles off Josh Roenicke to extend the lead to 7-4.

New York has hit consecutive homers in three straight games for the first time since 1983 and has gone back-to-back 13 times this season.

David Robertson (2-1) retired the only batter he faced to get the win and Mariano Rivera allowed Edwin Encarnacion's first homer with Toronto before finishing for his 33rd save in 34 opportunities.

Encarnacion's one-out drive snapped Rivera's scoreless streak at 22⅓ innings. Rod Barajas followed with a single before Rivera struck out Inglett and Marco Scutaro to end the game.

Local product Randy Ruiz homered in his return to the Bronx and Lyle Overbay had a three-run double for Toronto, which had won three straight. Scott Richmond of North Vancouver allowed three runs and eight hits in his second start since coming off the disabled list. THE ASSOCIATED PRESS

MLB RESULTS

Toronto 5 New York 7

AT

Federer beats Niemeyer, Djokovic downs Polansky

ROGERS CUP Roger Federer returned to the court with a two-set win over Canada's Frederic Niemeyer, while Peter Polansky put up a fight, but it wasn't enough to pull off an upset win over fourth-seeded Novak Djokovic yesterday at the $3-million US Rogers Cup.

Federer, who took time off after his victory at Wimbledon in June while his wife gave birth to twin girls, took a set to find his range and then the world No. 1 from Switzerland put away the low-ranked Niemeyer 7-6 (3), 6-4 in second round play before a full house of 11,490 on centre court at Uniprix Stadium.

Spurred by the enthusiastic crowd, the Thornhill, Ont., native Polansky shot off to a 3-0 lead in the first set before Djokovic bounced back for a 6-4, 7-6 (6) victory.

The 33-year-old Niemeyer, a native of Deauville, Que., whose ranking has tumbled to 487th, plans to retire at the end of this season. THE CANADIAN PRESS

Reinsdorf, creditor reach agreement

COYOTES A group headed by Jerry Reinsdorf has taken a significant step in its bid to buy the bankrupt Phoenix Coyotes by reaching an agreement in principal with the franchise's largest secured creditor.

Steven Abramowitz, lawyer for SOF Investments, announced the agreement at a hearing in U.S. Bankruptcy Court in Phoenix yesterday. He said the deal included a "substantial buy-down" of the $80 million US that SOF is owed, with the rest rolled over into an ongoing debt.

Abramowitz urged the court to "do anything it can" to keep Reinsdorf's bid alive.

SOF Investments had previously declined to back the Reinsdorf bid, saying it supported the proposal by billionaire Jim Balsillie, who has offered $212.5 million, contingent on moving the team to Hamilton. THE ASSOCIATED PRESS

Sports in brief

F1 Michael Schumacher has called off his much-anticipated Formula One comeback because of lingering injuries from a February motorcycle crash. The seven-time champion was to fill in for injured Ferrari driver Felipe Massa.

BUFFALO Terrell Owens missed practice yesterday because of a sprained toe, which the Buffalo Bills receiver had said was sore following the team's Sunday preseason opener. Coach Dick Jauron offered no details on how Owens was hurt.

SOCCER Midfielder Kristina Kiss announced her retirement yesterday after nine years with the Canadian women's soccer team. Kiss, 28, scored eight international goals and appeared in two women's World Cups with Canada.

ARGOS Toronto Argonauts head coach Bart Andrus said yesterday Cody Pickett will replace the struggling Kerry Joseph when the Argos host the B.C. Lions on Friday, searching for their first victory at home in more than a year. METRO NEWS SERVICES

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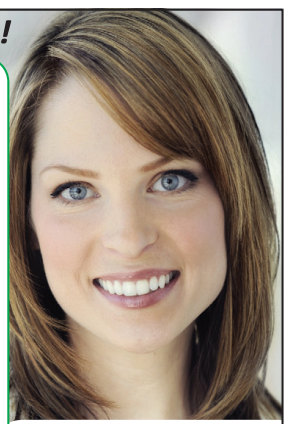

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Pats team with state lottery
The New England Patriots and Massachusetts lottery announced a game that includes a chance to win Pats season tickets for life. METRO NEWS SERVICES

All-free-agent team

TheHockeyNews
Sam McCaig

thehockeynews.com

By now, the unrestricted free agent market resembles a village ransacked by Vikings.

But astute NHL GMs know there's always a bargain or two still out there, ripe for the plucking.

In fact, here's a whole team of yet-to-be signed UFAs who are worthy of a useful role in 2009-10:

GOALIES

Manny Fernandez — While Tim Thomas was earning a Vezina Trophy, Fernandez quietly put up a 16-8-3 record, a 2.59 GAA and .910 save percentage.

Kevin Weekes — Backing up Martin Brodeur is like entering the witness-protection program. But Weekes is a fresh 34.

DEFENCEMEN

Martin Skoula — He'll give you 20 minutes a night, 80 games a year. Like he has for an underrated decade.

Greg de Vries — Veteran works hard in his own zone. At 36, he should have one more contract left in him.

Mathieu Schneider — He's 40, but whenever a team needs a power-play quarterback at the trade deadline, they turn to Schneider.

Dennis Seidenberg – He set career highs with Carolina last season in games, points and penalty minutes. Not to mention, a goal and six points in 16 playoff games.

Rhett Warrener — Not long ago, he blocked shots like the love child of Brad Marsh and Dikembe Mutombo. Someone should roll the dice and see if he's fit.

Chris Chelios — Old-time hockey, anyone?

FORWARDS

Alex Tanguay — A five-time 20-plus goal-scorer and fired two goals in a Stanley Cup Game 7. He's only 29 and had 41 points in 50 games for Montreal last season.

Todd Bertuzzi — He wanted to return to Calgary, but the Flames have moved on. It's not hard to envision 20 goals and 60 points.

Mike Comrie — He could help almost any team as a supplementary scorer as long as he'll take a pay cut.

Petr Sykora — He's only 32 and riding 10 straight 20-plus goal seasons. Surely, there's a little left.

Robert Lang — Need a quiet 20 goals and 50 points? Lang's your man.

Maxim Afinogenov — He's the type of second-chance player the Wings usually sign — and then ends up potting 30.

Marcel Goc — A speedy penalty-killer who's only 25.

Dominic Moore — He's proven his worth as a depth centre who can check or step into a more offensive role.

Manny Malhotra — A good fit for the third line.

Boyd Devereaux – He's not going to score very often, but he'll give you everything he has in heart and hustle.

Rob Niedermayer – He's big, he'll hit and he'll win faceoffs. Plus, whatever team signs him might be able to lure Scott, too. (Not really, but dare to dream.)

The Hockey News
thn.com

Combating cheating

In his address at the annual meeting of the American Psychological Association in Toronto on Sunday, psychology professor Eric Anderman told members that academic cheating is the result of an emphasis on testing and suggests focusing on intrinsic learning to combat it. METRO NEWS SERVICES

Workology

UBC goes for more day care

The University of British Columbia's child-care services program is set to open its final of five day-care centres on Aug. 24, creating the largest campus-based day-care program in North America with 460 spots on one street. Funded predominantly by UBC and the Alma Mater society, the centres will be used to accommodate some of the more than 1,500 individuals currently on the waiting list. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Creative ways to get hired

CREATIVITY In a competitive job market, every candidate wants to get noticed — and some will go to great lengths. In a recent survey, OfficeTeam asked executives to recount the most unusual thing they have seen or heard an applicant do to stand out from the crowd. Following are some of their responses:

- "I remember a job candidate bringing in milk and cookies."
- "Singing. It's something you don't forget."
- "I remember someone had his resumé delivered in a pizza box."
- "Someone stood outside our building from nine to five every day for a month until he was hired. It worked."
- "Someone wrote a press release announcing she had been hired and used it as her cover letter."

But some of the following approaches may be seen as a sign of initiative by some employers and desperation by others.

- "Job applicants have been known to stand outside of major corporations with signs."
- "I've seen job candidates pay for billboards to get an employer's attention."

Sometimes the package or format can leave more of an impression:

- "I received a resumé rolled up inside a toy truck."
- "Someone sent us a baby shoe with a resumé wrapped around it. He said he wanted to 'get his foot in the door.' He did not get the job, but it got my attention."
- "A woman dropped off a balloon with her resumé."
- "Once we received a resumé rolled in a bottle."

METRO NEWS SERVICES

Could eMix be the future of recording?

BRIAN COULTON
for Metro Canada

In a culture where websites become verbs, to the list of "Google it", "Wikipedia it" and "YouTube it", Brian Moncarz aims to add "eMix it."

Brian Moncarz says his eMixEngine "...could be the thing that revolutionizes the music industry."

PHOTOS SUBMITTED

"If I have a studio in Toronto, 85 per cent of the business will be coming from Toronto and the other 15 may be coming from the GTA, but usually not from India." Brian Moncarz on eMix's global reach

The action refers to the 34-year-old Torontonian's company, eMixEngine. But unlike those online monoliths, his e-service isn't just a gathering ground for web users unlimited. It's a lower-cost, easier-to-use alternative for musicians to mix recordings, which has the potential to destabilize conventional studio mixing.

"In a traditional studio where you'd have overheads and lots of expenses, it's really hard to cut your prices to make for budget mixes," said Moncarz, "I tried to think of a business model that would facilitate offering these lower prices, while trying not to bring down the quality of the work."

To eMix a song, bands upload a recording to the service's website and fill out a questionnaire detailing their musical influences and desires for the mix. Within a few days, they receive an e-mail containing the new, professionally mixed song — all for about $200 US; nearly half the cost of booking a physical studio for the same purpose.

Aside from offering financial benefit to clients, eMixEngine separates itself from traditional studios by operating as a global business. "If I have a studio in Toronto, 85 per cent of the business will be coming from Toronto and the other 15 may be coming from the GTA, but usually not from India," said Moncarz.

In addition to India, he said the service has received inquiries from the United States and United Kingdom and is being pitched to bands by an Australian music promoter who stumbled upon the site.

Despite hype, the obvious question of how eMix quality compares to conventional means is quashed once you hear before-and-after samples on the eMixEngine website. And it's little surprise, considering Moncarz has placed himself as the quality control "common thread" linking together the freelance mixers he employs. "For the time being, all of the mixes that come through our system will go through me before they go out to the client," he said.

He's a fitting filter, when you consider Moncarz' resumé. His mentor was Canadian producer Bob Ezrin, whose production credits include Peter Gabriel, KISS and Pink Floyd. Ezrin introduced Moncarz to Grammy Award-winning producer David Bottrill, with whom he now co-produces. And, for the past 10 years, Moncarz has owned his own studio and worked as an audio teacher at Toronto's Ryerson University.

Perhaps his experience is a testament to the interest eMixEngine has received in just its first month online. Moncarz said the business is close to landing partnerships with a major audio software manufacturer and a concert promotions company and is set to mix music for Canadian label-signed bands Moneen and Pilot Speed. And such support excites Moncarz, whose forward focus may be what both separates eMixEngine and eventually spells its success.

"This could be the thing that revolutionizes the music industry," he said, "And wouldn't it be great to be at the forefront of that?"

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Metro Workology exclusive: Backstage Pass
In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

Stage presence, but offstage

Backstage Pass

JON TATTRIE
for Metro Canada

Most stage managers don't have to worry about rogue squirrels, dogs doing their business on stage and inattentive joggers interrupting scenes, but for Laura Brinton, it's part of life at Halifax's Shakespeare by the Sea.

"You just have to go with it," she shrugs. "We're outside. I don't control the weather, I don't control nature, I don't control the crazy squirrels up in the trees throwing nuts at us."

She does control the stage, though, and everything that goes on in and around the plays at an old fort in Point Pleasant Park.

Brinton studied theatre at McMaster University and fell into stage management because she's organized.

"I'm a bit of a control freak. You need to know everything and be in contact with everyone," she explains. The stage manager oversees all aspects of the play, making sure costumes and props are ready, that actors know when and where to be and that effects go off without a hitch. That means long hours: Stage managers are the first to arrive and the last to leave, and they attend every rehearsal and performance.

Brinton writes a detailed report for each show, noting changes to script, blocking and lighting to ensure continuity. Otherwise, mini disasters can occur: One of her first shows, two actors collided due to a blocking mix up.

"If one of your plates drops, they could all come crashing down," she sighs.

"Actors are on a lot of adrenaline going into a show," Brinton continues. "You really need to be a calming, authoritative supporter. You're there for them and everything is going to be okay, even though they feel like they're going to puke."

Brinton is also tasked with the most crucial task of any outdoor theatre: Making the weather call. Hundreds of people descend on the park each night and it's Brinton's job to decide if the show will be outside or in.

"I tend to stand outside a lot looking at the clouds," she laughs. "You go with a gut feeling and hoping Environment Canada knows what it's talking about."

If she gets it wrong, the audience ends up seeking shelter in the woods.

"You just have to go with it," she repeats with a shrug.

Many universities offer a degree in theatre that includes stage management, but the University of Alberta is the only one offering a four-year BFA in Stage Management.

"I'm a bit of a control freak. You need to know everything and be in contact with everyone."
Stage manager Laura Brinton

For more of the Backstage Pass exclusive series check Workology frequently or stop by: metronews.ca/work

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CONTINUING EDUCATION For adult learners faced with competing priorities and demands on their time, distance education has its advantages. For many, the best alternative is an independent study program, which permits the learner to have control over where and when they study.

Two keys to the successful completion of an independent, distance study program are the ability to plan and the discipline to complete the course assignments in a timely manner. As an added benefit, learning at a distance can also help develop important time management skills that can be utilized after graduation and lead to greater professional success.

The educators at the Independent Learning Centre (ILC.org), Ontario's designated provider of distance education, offer this list of suggestions to help distance education students develop time-management skills:

- **PLAN:** At the beginning of every week take a few minutes and plan your week. Be sure to include as much detail as possible. Colour coding a schedule can help you identify family time, appointments, and study time.
- **BE FLEXIBLE:** Remember, plans may need to change. Be prepared for changes and learn how to work around them.
- **LEARN AS YOU GO:** As part of your weekly planning session, review the week before and incorporate changes in your plans going forward.
- **TAKE TIME FOR YOURSELF:** When living with a busy schedule it's important to recharge your batteries once in a while, even if it is just a short break. Enjoy a cup of tea or, take a short walk or read a magazine. By doing this, you'll feel rested, relaxed and ready to take on the next assignment.
- **BE CREATIVE:** If you have a 45 minute commute on public transportation bring along your required reading.
- **FINALLY:** If you have children, plan to do your homework while they are doing theirs.

NEWS CANADA PHOTO

If you plan on undertaking distance education and you have kids, it could help to do your homework when they do theirs.

NEWS CANADA

SFU receives $10M for Surrey campus
The federal and provincial governments announced on Friday $10 million in funding to assist Simon Fraser University with their Surrey campus expansion plans. METRO NEWS SERVICES

Composer is 'a sucker for emotion'

Backstage Pass

RAFAEL BRUSILOW
for Metro Canada

Canadian composer Jack Lenz creates music to move the soul while keeping you in your seat.

The renowned composer has carved a niche for himself and his company, Lenz Entertainment, producing music for more than a hundred television programs and feature films. His work has been nominated for three Gemini awards and he has created music for Canadian television shows like Little Mosque on the Prairie, Due South and Robocop: The Series.

He also created and produced music for Mel Gibson's 2004 bible epic The Passion of the Christ, a challenging job that took him across the world searching for unique performers and unique sounds. One of his favourite pieces from the movie, played as Christ is dying on the cross, was recorded in a tiny Paris hotel room with Armenian musician Levon Minassian playing a duduk, a woodwind instrument invented more than 3,000 years ago, something Lenz says is proof that music transcends both time and place.

Jack Lenz

Lenz co-wrote the Toronto Blue Jays' theme song "OK Blue Jays" with Tony Kininec and the song has become a staple anthem for the baseball team.

"I want to write about things that are meaningful."
Composer Jack Lenz

His favourite work is the kind that forces him to discover the emotional core of a piece of art and express its message through music.

"I want to write about things that are meaningful. I'm a sucker for emotion — if something's emotional, I love scoring to that to try and find that same emotion in music that you're seeing on-screen," Lenz said.

Lenz was born in Eston, Sask., to a father who was a farmer and a mother who was a school teacher. His mom bought Lenz an old upright piano and encouraged him to learn to play. Lenz fell in love with music and got his first professional music gig touring 200 days per year playing for soft-rock bands Seals and Crofts and later Loggins and Messina.

He later worked as musical director for Canadian artists Anne Murray and Buffy Sainte-Marie. In the early '90s he decided to start his own music production company doing commercials and advertising music. He quickly branched out to scoring films and television shows as well.

Lenz studied music at the University of Saskatchewan but left before finishing his degree, though he credits the time he spent there with teaching him many of the skills he continues to use professionally.

A practicing Baha'i, Lenz says his faith plays an important role in how he approaches his music.

"I believe you attract confirmations from beyond this world," Lenz said adding, being able to pursue his love of music as a career is a dream come true.

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For more of the Backstage Pass exclusive series check Workology frequently or stop by: metronews.ca/work

Uncertain future for alumni mags
In his University Affairs blog, Leo Charbonneau questions the future of alumni magazines, observing that the University of Western Ontario will be celebrating the 70th anniversary of its Alumni Gazette by cutting its print issue from three times per year to once annually. METRO NEWS SERVICES

Changing face of employment law

WorkplaceLaw

Employers often criticize workplace laws and court decisions as being tilted against their favour. With the broad and always-expanding reach of human rights laws, higher severance awards and a diminished ability to argue cause for dismissal, their sentiments may not have been unfounded. However, after a host of recent court cases have fallen decidedly in their favour, this may no longer be the case.

• **BAD FAITH DAMAGES MAY NO LONGER EXIST:** Since the Supreme Court's recent decision in Honda, lower courts have been struggling with whether they can even award compensation to an employee based on the manner of dismissal. In one recent Ontario case where the trial judge found that the employer committed a "litany of errors" at the time of termination, which led to an employee's depression, the Court of Appeal overturned the award finding that such conduct was not "unduly" insensitive. In another recent Saskatchewan case the court wrote that as bad as the employer's behaviour was, the stress and depression that the employee suffered was not related to the manner that he was treated.

• **FIRED EMPLOYEES MAY HAVE TO RETURN TO THEIR OLD JOBS:** In light of the Supreme Court's decision in Evans, employees who have been constructively dismissed will generally be without an adequate remedy as the court imposed a requirement that they should remain in their jobs unless to do so would be intolerable. As well, dismissed employees who have been asked to return to their old jobs may have to do exactly that, or otherwise risk being losing a case against their former employer.

• **THE POINT OF "UNDUE HARDSHIP" IN ACCOMMODATING AN EMPLOYEE'S DISABILITY AT WORK HAS BEEN REWRITTEN:** In Hydro Quebec, the Supreme Court ruled that a large organization, such as Hydro Quebec, was not required to create a new position in order to accommodate an absence-prone employee's particular illness. Accommodation does not require the employer to alter the essence of the contract, which is that the employee must perform his or her job, the court wrote. Instead, if the proper operation of its business would be especially restricted, employers can fire disabled employees without infringing human rights laws.

• **DRUG AND ALCOHOL USE MAY NO LONGER CONSTITUTE A "DISABILITY":** This means that, under human rights legislation, employers might not be required to accommodate employees with an alcohol or drug dependency. In an Alberta appellate decision, the court upheld an employer's right to perform mandatory pre-employment alcohol and drug screening tests, arguing that the recreational use of drugs and alcohol is not protected under legislation.

• **EMPLOYEES MUST PERFORM THEIR JOBS "IN GOOD FAITH":** In the RBC case, the Supreme Court found that a group of employees who organized a mass departure that essentially crippled their employer's office had no duty to compete fairly with their former employer but rather they must perform in good faith while still employed. Because they left without notice and took most of their clients with them, the group was ordered to pay damages.

"...under human rights legislation, employers might not be required to accommodate employees with an alcohol or drug dependency."

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@toronto-employmentlawyer.com.

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Worst email mistakes revealed

ETIQUETTE Most professionals have experienced at least one cringe-inducing moment after they've hit "send," a new survey suggests. Nearly eight in 10 advertising and marketing executives polled confess they've made a mistake when sending e-mail. When asked to name the worst snafu they or others they know have made on the job, the responses ranged from erroneously sending out an employee's salary information to the entire company to recalling a nasty email about the boss that made its way to top management.

The national survey was developed by The Creative Group. Advertising and marketing executives were asked, "Have you ever mistakenly emailed someone the wrong message or copied someone on a message without intending to?"

Survey respondents also were asked to describe the worst email mistakes that they or others they know have made. Among the responses:

- "Someone sent out confidential salary information to the whole firm."
- "I once sent a job offer to the wrong person."
- "An employee sent his resumé to me by mistake. It was supposed to go to an outside company."
- "Someone made a nasty comment about a supervisor and it was sent to the supervisor by mistake. It eventually led to dismissal."
- "A person called another employee an idiot in an email to everyone in the company."
- "One of our vendors accidentally emailed me information about their sales performance, so I gained some inside knowledge about that vendor."
- "My receptionist sent a very gossipy and catty email about another employee to the wrong person. It was so unprofessional that she was terminated."
- "We sent an email to a client that was meant for a vendor. It made it difficult when the client had seen our costs."
- "Confidential information about one client was sent to a different client. It was certainly embarrassing."
- "Someone crafted a scathing, sarcastic email about a customer and did not mean to hit 'send.' It caused problems."
- "I once sent an internal memo about restroom etiquette to a prospective client by accident."
- "Someone sent me a copy of an employee's bank records by mistake."
- "Someone meant to send a racy picture to a couple of friends but ended up sending it to the entire staff, which caused her much embarrassment."

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EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

An Eclipse to watch

Redesigned coupe shows its many colours

ROB BIENTEMA
for Metro Canada

2009 Mitsubishi Eclipse Coupe

Type: Four passenger, two-door sports coupe
Price: GS $25,998; GT-P $34,798
Engine: GS 2.4-litre four-cylinder (162 hp, 162 lb/ft); GT-P 3.8-litre V6 (265 hp, 262 lb/ft)

Highlights

- New colour options
- Fun to drive
- Impressive redesign

The Mitsubishi Eclipse Coupe boasts beautifully executed styling revisions and other improvements for 2009.

Yellow sports cars. Always seemed like overkill to me. Gilding the lily. Clamouring for attention. Unnecessary. An extrovert's exercise in ego-boosting.

I mean, having a sports car should be statement enough. Do you really need it in "hey, look at me!" yellow just in case nobody notices?

So maybe I was a little dubious as I took my first walk around the car. Or maybe I'd just got out of bed on the wrong side that morning because, as I circled the car, I grudgingly came to admit that the 2009 Mitsubishi Eclipse Coupe looked pretty damn fine after all. Even in yellow.

Solar yellow is one of three new colours for the Eclipse this year, along with Maizen Blue pearl and Quick Silver metallic.

Personally, I've always been partial to the burnt orange shade of Sunset Pearlescent, particularly handsome on this car. But almost any colour seems to compliment the play of light along the curvaceous lines and sinuous flanks of this fourth generation Eclipse.

For 2009, the front and rear bumper fascias have had a facelift. The aggressive front end adopts the gaping grille 'jet fighter intake' design cue from the popular Lancer Evolution, a look that is spreading across the Mitsubishi lineup.

There are two model choices within the Eclipse Coupe lineup — a four-banger base GS and an upscale V6-powered GT-P version. We'll leave the Eclipse Spyder convertibles for another story.

Under the hood, the base Eclipse GS starts things off with the standard 2.4-litre, 16-valve, SOHC four-cylinder engine equipped with Mitsubishi Innovative Valve timing and lift Electronic Control (MIVEC) technology, making 162 hp at 6000 rpm and 162 lb/ft of torque at 4000 rpm. This engine is unexciting but fairly frugal, rated at 10.5/7.3L/100km (city/hwy)(manual).

As tested here, the GT-P's six-cylinder engine, also enhanced by the MIVEC system, ups the power ante significantly, adding over a hundred more horses with a corresponding increase in torque. Officially, the 3.8-litre, 24 valve, SOHC V6 harnesses 265 hp at 5750 rpm and 262 lb/ft of torque at 4500 rpm. Fuel economy is rated at 13.1/8.0L/100km (city/hwy)(manual).

The Eclipse Coupe's interior features large, easy to read instruments and a modern entertainment interface.

This was a fun engine to row through the gears, powerful and responsive.

Inside, the Eclipse Coupe is comfortable for two.

The one-piece highback front buckets feature open headrests for a sporty look and enhanced rear visibility and were inspired by Mitsubishi rally cars.

Although officially rated as a four-seater, the rear seat in the Eclipse, as is the case in most 2+2s, is an afterthought, suitable only for occasional torture and more usually used as a receptacle for briefcases, purses and other odds and ends.

California-based T3 Motion has announced its newest commuter electric car, the CT3, that travels at speeds up to 72 km/h.

Three-wheeled electric revolution

T3 Motion, Inc., has unveiled its latest electric vehicle, the CT3.

The CT3 is the latest electric vehicle designed, developed, and manufactured by the California-based company and features swapable lithium-polymer batteries.

The commuter version of the CT3 will be limited to speeds up to 45 mph (72 km/h) and is designed with T3 Motion's proprietary power management system.

The CT3 features all-wheel drive, full front and rear suspension, full front and rear independent hydraulic disc brakes and a compact design — perfect for daily commuter "around town" applications.

The quiet environmentally-friendly zero gas emission vehicles include regenerative braking, highly rigid aluminum frame for maximum strength versus weight ratio, impressive ride quality, and distinctive T3 Motion's styling. FROM CARGUIDE

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MARK ATKINSON
for Metro Canada

"We're changing from a company focused mainly on trucks and SUVs to a company ... that includes even more high-quality, fuel-efficient small cars, hybrids and all-electric vehicles."
Mark Fields, Ford's president of the Americas

The upcoming Chevrolet Volt has attracted plenty of attention in the last few years.

The world has a serious demand for environmentally friendly vehicles, and the automotive market is poised for an electric revolution. The latest wave of electric vehicles that were once only auto show pipedreams are now only a few months away from general consumption.

Many manufacturers currently have plans for new electric vehicles in the not-so-distant future, but Ford, General Motors and Nissan seem to be the closest to reality.

One of Ford's projects has a Canadian bent: Magna International, the Aurora, Ont.-based parts maker, is co-developing what's now been revealed as a battery-electric version of the next-generation Focus, due to arrive in 2011. However, it will be beaten to showrooms by Ford's other battery electric vehicle (BEV), an electrified version of the new Transit Connect small cargo van in 2010.

"We're changing from a company focused mainly on trucks and SUVs to a company with a balanced product lineup that includes even more high-quality, fuel-efficient small cars, hybrids and all-electric vehicles," said Mark Fields, Ford's president of the Americas. "As customers move to more fuel-efficient vehicles, we'll be there with more of the products they really want."

General Motors knows that its plug-in hybrid, the upcoming Chevrolet Volt, has attracted plenty of attention. Even Ontario Premier Dalton McGuinty stood beside a pre-production model during his recent announcement of a $10,000 government rebate on range-extended hybrids and battery electric vehicles.

However, to everyone's surprise, GM announced another vehicle that will take advantage of the Volt's costly powertrain ... and it's a Buick.

Announced late last week, the as-yet-unnamed small Buick crossover will be plug-in ready in 2011. The lithium-ion battery will fully recharge in four to five hours by simply connecting the vehicle to any standard household electrical outlet.

"Buick has always been at the forefront of new technology, so it is only fitting that the brand should debut our new plug-in hybrid technology in a beautiful new crossover," said Tom Stephens, GM vice chairman of product development. "This will firmly put Buick, and GM, front and centre in the advanced technology game."

Finally, Nissan shocked the world earlier this month when it announced its new battery-electric LEAF.

The company calls LEAF the world's first affordable, zero-emission car. Designed as a five-seat hatchback, the LEAF uses lithium-ion batteries and promises to travel more than 160 km on a charge.

According to Nissan Canada, the BEVs will be on the roads in Canada in 2012.

Nissan claims its LEAF will be the world's first affordable, zero-emission car.

6 FAQs about hybrid vehicles

JIL MCINTOSH
for Metro Canada

Should you buy a hybrid? That will depend on many factors, and you need to know the facts first. Here are some frequently asked questions about hybrids:

Q How do they work?
A The models currently available use a small gasoline engine, combined with an electric motor and battery pack. The gasoline engine runs as in a conventional car, but when more acceleration is needed, the electric motor works alongside it. This can give the vehicle power that would normally require a larger gasoline engine. "Full" hybrids, like the Toyota Prius and Ford Fusion Hybrid, can also run on their batteries alone for short periods. "Mild" hybrids, like the Honda Insight, always use the gasoline engine when moving. The trade-off is that mild hybrids usually cost less.

Q What's the "idle-stop"?
A If it's not too cold outside, and the battery is fully charged, the gasoline engine stops running every time the car stops, such as when you're waiting at a light. This means you're using no fuel and spewing no exhaust. The lights, stereo, climate control and power accessories continue to work, and the car is started again by the electric motor, so there's no worry about premature starter wear.

Q Do I switch the car from gas to electric?
A No. It happens automatically, depending on how much power is needed. Some full hybrids have a button that lets you select electric drive at low speeds, but the gasoline engine will come on anyway if necessary.

Q What's a CVT?
A Most hybrids use a CVT, which stands for Continuously Variable Transmission, a type of automatic. Rather than gears, a CVT uses cone-shaped pulleys and a belt to keep the engine in its most fuel-efficient range as you speed up or slow down.

GETTY IMAGES

It's best to do your homework before buying a hybrid.

Q Does the battery wear out?
A So far, hybrid batteries appear to be pretty solid. Most have warranties of eight years, and as much as 160,000 km. Should you ever need a new battery pack, it will probably cost about the same as replacing a transmission.

Q Sounds great! Where do I sign?
A Not so fast. Hybrids are a viable solution, but they're not for everyone. You'll get the maximum benefit and best fuel economy if you adapt your driving to the hybrid. Do your homework before you buy.

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Let's say the H-word

COURTESY HONDA

Honda is currently experimenting with a "home" fuelling unit that makes hydrogen from natural gas.

Hydrogen is never found by itself in nature. But it is one of the most plentiful substances on earth.

In Canada, there might 10 filling stations where a person might buy it.

Ry Smith is director of the Hydrogen Village, an outreach project of the Canadian Hydrogen and Fuel Cell Association. He notes we may have been spoiled by gasoline, which is incredibly easy to move around: "If you had to, you could probably carry gasoline around in a pail."

There is no doubt that hydrogen is trickier to move around.

It's a gas so you want to compress it, to make it more compact. That takes energy and stout tanks. If you really want to make it super compact, you can even liquefy it, which takes more energy and then it needs to be kept very cold. The BMW Hydrogen 7 runs on liquid hydrogen, so the cars have more range.

The other way is to make hydrogen is right at the fuelling stations. Honda is experimenting with a "home" unit that makes hydrogen from natural gas. (Then you could have a fuel cell in your house, for all your electricity needs.)

Considering we are moving to post-fossil fuel future, we just might have to accept a bit more complexity in our energy infrastructure.

But there is no technical hurdle we need to overcome for a hydrogen infrastructure to take root.

The problems concern politics and commerce. The auto industry doesn't want to keep investing in hydrogen vehicles unless there are hydrogen filling stations coming.

The energy industry doesn't want to invest in hydrogen stations, unless there are thousands of hydrogen vehicles coming.

The government is not ready to mandate anything; it would rather let market forces be the arbitrator of winning technologies and winning companies.

So we have this uneasy equilibrium, creating an arid environment for the growth of hydrogen infrastructure.

Smith believes the best way to roll out the infrastructure is to let centralized fleets be the pioneers. That way one could make a fuel station business case work right off the bat.

Smith believes it's a certainty that hydrogen will be part on our future energy picture — automotive and otherwise — especially as we move to more renewable sources of electricity, like wind and solar.

So, right now there are more plot lines in the hydrogen story than The Young and the Restless. So don't touch that dial!

Michael Goetz has been writing about cars and editing automotive publications for more than 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

Fun with hydrogen

- Hydrogen is a beautiful fuel because when you use it for energy, its only "emission" is water vapour.
- You can design an internal combustion engine to run on hydrogen (as per the BMW Hydrogen 7), or you can use it to feed an on-board "fuel cell" to produce electricity to juice a motor (as per the Honda FCX Clarity).
- The most obvious "feedstock" is H20 (or water). But most hydrogen currently produced comes from hydrocarbons, like natural gas and coal.

Major makeover for Cadillac SRX

The completely redesigned 2010 SRX crossover brings a more dynamic alternative to the luxury crossover.

It features a dramatic design, inside and out, with more efficient engine choices offered on a new luxury crossover architecture.

The midsize SRX's advanced V6 engines are the smallest-displacement engines Cadillac offers in North America.

A new, 3.0-litre direct injected V6 engine is standard and a new, 2.8-litre turbocharged V6 is optional.

Both employ advanced technology that helps produce strong performance that is typical of larger-displacement engines, but with greater fuel economy and lower emissions.

Performance and safety are enhanced by an available all-wheel-drive (AWD) system designed to optimize vehicle handling and stability in all driving conditions.

The pre-emptive, active-on-demand system provides an extra measure of capability in wet or icy conditions.

The 2010 SRX rides on a wide track designed to deliver a nimble, responsive driving experience. It seats five, with generous occupant and cargo room, and can tow up to 1,587 kg when properly equipped.

A multi-piece shield grille and Cadillac's iconic vertical headlamps — with light pipe technology and available adaptive forward lighting — are the face of the SRX.

The 2010 SRX features numerous advanced electronic systems. Highlights include a "pop-up" navigation screen in the dashboard with three-dimensional imaging, adaptive forward lighting that swivels the headlamps in synch with vehicle steering, power liftgate with programmable height setting, integrated hard disc drive for audio storage and a dual-screen system for rear entertainment. FROM CARGUIDE

Cadillac will offer the 2010 SRX with a choice of two V6 engines, optional all-wheel-drive and the ability to tow up to 3,500 lbs.

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Riding old school

Middlebrooks proud of his 1975 Chevy Caprice

COURTESY TORONTO ARGONAUTS

A 1975 Chevy Caprice model

Toronto Argonauts defensive back Willie Middlebrooks.

I do love old school," says Toronto Argonauts' defensive back, Willie Middlebrooks, of his taste in cars. In fact, the footballer's favourite car is the one he bought seven years ago — a 1975 Chevrolet Caprice Classic Convertible, and has lovingly restored and upgraded since.

"When I purchased the car, it was in really great shape, actually," explains the 30-year-old Miami-native who's also played for the Denver Broncos and the San Francisco 49ers.

Although it was nearly 30 years old at the time, the Caprice had just 27,000 miles on it.

"It think it now has 33,000," says Middlebrooks. "I do drive it, just not that frequently."

Aside from painting the exterior white (it had been red) to match the white interior and white top, Middlebrooks also had the vinyl interior reupholstered with leather, had the old rims replaced with bigger, fancier ones, and added a custom sound system.

"You really can't tell there are new speakers in the car unless I pop the trunk," he says. Under the hood, he put in a new transmission and dual exhaust.

Middlebrooks says his penchant for older cars (he'd love to get a 1967 or 1969 Camaro) goes back to his childhood days in Florida, when he would climb into his aunt's Caprice and pretend to drive. "It was fun at the time. Now, 20 years later, I have the same car," he quips.

And when he takes the Caprice out for a spin here, it inevitably garners plenty of attention.

"A lot of people in Florida have those cars where they've done a lot of fixing up, but you don't see that in Toronto as much," he explains.

However, the attention is from an older crowd here rather than all the single ladies.

"The main attention is from the 50 crowd and up," he says with a laugh. "For guys in their 50s, 60s and 70s, the Caprice Classic was the prime car for them in high school, so they say 'what are you doing with a car like this?'" he says. But matter where the attention comes from, Middlebrooks still loves cruising in his old school ride.

Middlebrooks and the rest of the Argos will play the B.C. Lions this Friday at 7:30 p.m. at the Rogers Centre.

"A lot of people in Florida have those cars where they've done a lot of fixing up, but you don't see that in Toronto as much."
Willie Middlebrooks

Heather Buchan is a Toronto-based journalist who has worked at several magazines, including Hello! Canada, where she cut her teeth in the world of celebrities.

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Automakers showing sunny side

EMMA E FORREST
Metro World News

One of the problems with electric cars is that while they are cheap to run and emissions-free, the electricity to fuel them still has to come from traditional energy sources.

But by using solar photovoltaic cells you can convert energy from the sun — which is both free and sustainable.

It's not a flawless plan as production of the cells and batteries uses energy and right now the solar set up is expensive. But could solar energy be the way forward for cars?

We're a long way off fully solar-powered cars going into production — you can't get enough charge from panels that fit a regular car's roof to run a car. But the use of solar power is starting to creep into the mainstream.

Buy an Audi A8 and you'll have the option to add a solar panel sunroof that can enhance the air-conditioning.

On the 2010 Toyota Prius, you'll be able to include a solar panel that powers an electric fan to cool the interior.

Other solar-boosted cars come from Koenigsgegg, Pininfarina-Bollore and Fisker. Cars might lack space for solar cells, but panels on garage roofs could boost solar power potential.

Solar panel sunroofs are slowly creeping into the mainstream.

Right now the only completely solar power-driven cars out there are prototypes designed to showcase the potential of photovoltaic cells.

Most look like flying saucers — ultra-lightweight, with minimum passenger space and plenty of surface area for panels.

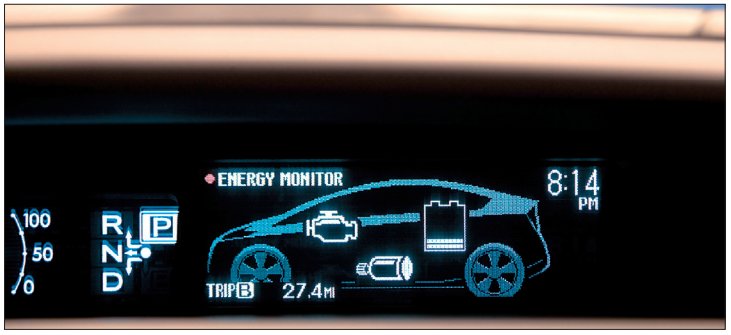
Solar power pioneers set annual challenges to showcase development in batteries and the technologies.

Teams of students race cars that use as much power as a hairdryer does from Texas to Alberta, Canada in the North American Solar Challenge. This October sees the 10th edition of the World Solar Challenge, with solar-powered corporate and academic boffins driving solar-powered vehicles 3000km from north to south Australia.

And there's the rub: you can travel for days on sunpower if you live in climate-change-ravaged Australia, but how far can you go if you live somewhere where it rains all year?

Audi A8, above, and the new Toyota Prius are some of the few models that offer solar panel sunroof option.

SPECIAL FOCUS ON:
Green cars



Attractive displays on modern hybrids such as the Toyota Prius, above, and Ford Fusion hybrid inform drivers about all the "green" magic happening under the hood.

Colourful aids for green drivers

People who buy hybrid vehicles clearly want to cut their fuel consumption and, just maybe, reduce emissions and help save the planet.

But buyers seem to fall into two categories: those who don't worry about the magic happening under the hood and simply enjoy their payoff at the fuel pump, and those who want the car to validate their choice by telling them how well they're doing.

The challenge for hybrid designers is to satisfy both groups when they lay out the vehicle's instrument cluster.

Hybrids combine electric motors with conventional gasoline or diesel engines to reduce fuel consumption and tailpipe emissions.

How much of these goings-on does the driver need or want to know?

Toyota's iconic Prius had a big, colourful display in the centre of the dashboard with an animated graphic showing, among other things, whether the electric motor, gas engine or both were driving the car.

For the third-generation 2010 Prius, Toyota has actually ditched the big display in favour of a blue LCD screen on its instrument panel.

Drivers can use a steering wheel-mounted button to toggle through screens showing everything from the familiar Prius power diagram to minute-by-minute slices of fuel consumption and recent economical trips.

"The first converts to Prius were people who really were trying to make an environmental statement or do something different."
Stephen Beatty, Toyota's managing director

"The first converts to Prius were people who really were trying to make an environmental statement or do something different," says Stephen Beatty, Toyota Canada's managing director. "Having the large display on the dashboard that actually told you what was going on underneath the hood was very important because at the time 10 years ago, the notion of having two powerplants under the hood and computers switching back and forth was a very alien notion."

Honda's new Insight, which outwardly resembles the Prius, created something called Eco Assist, aimed at teaching the driver to eke the best performance from the car.

Manuel Santos, a dedicated hypermiler who owns several hybrids, loves the setup.

"The most important tool to Eco Assist is in your line of sight," he says. "The speedometer changes the background colour and that's basically your primary tool."

A green tinge to the speedo means optimally efficient driving. Otherwise, it's shades of blue.

As additional encouragement, green drivers are rewarded with a growing garden of flowers on the Eco Guide display. The greener you drive, the more leaves and flowers it sprouts.

Perhaps the most visually interesting display is found on the hybrid version of Ford's midsize Fusion sedan, dubbed SmartGauge.

Like the Insight's display, it offers economy and power readouts but with a high degree of driver-programmable flexibility that allows as much or as little information as desired.

And, like the Insight, the Fusion rewards the efficient driver with greenery — this time a spreading tangle of vines growing on the instrument cluster's right side.

THE CANADIAN PRESS

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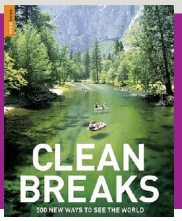
City of bargains

If you're a fan of flea markets, head to the Braderie de Lille, Europe's largest flea market, to be held in Lille, France from Sept. 5-6. More than one million visitors stroll the city's streets that weekend to shop, take in street performances and eat moules frites, or mussels with fries. METRO NEWS SERVICES

Travel



Low-impact travel

If you find the concept of eco-friendly travel — not to mention so-called responsible travel — intriguing in theory but difficult to put into practice, check out Clean Breaks: 500 New Ways to see the World (Rough Guides) by Richard Hammond and Jeremy Smith, $34.99. The book offers up all kinds of concrete ideas for trips that both minimize your negative impact on the earth and maximize your positive impact on a destination. METRO NEWS SERVICES

TRAVELDESK@METRONEWS.CA

Sweet sightseeing

In NYC, residents and visitors alike go bonkers for cupcake bakeries

YANINA MANOLOVA/THE ASSOCIATED PRESS

Above, Carla Serrano buys cupcakes at Cupcake Stop in New York City. Below, Magnolia Bakery employee Joshua Waghabi, left, holds a box while Rika Hashizume, centre, of Queens, makes a cupcake selection. Hashizume's friend, Haruka Nishida, of Kyoto, Japan, takes a photo of the cupcakes.

The cupcakes at New York City's Cupcake Cafe are known for exquisitely beautiful butter cream frosting, designed to resemble flowers.

This city is crazy for cupcakes. There are cupcake classes and cupcake tours, lines down the block at cupcake bakeries, a cupcake tea at a five-star hotel, and a cupcake truck with 6,000 followers on Twitter.

Some date the cupcake craze to a Sex and the City episode in which Sarah Jessica Parker bit into a pink-frosted cupcake outside Magnolia Bakery on Bleecker Street. Nine years later, tourists still flock to the place. Current owner Steve Abrams has opened two more Magnolia shops in the past year, with a third to open soon in Grand Central.

"I love Sex and the City and I want to eat cupcakes," said Rika Hashizume as she bought a box of cupcakes at the flagship Magnolia in Greenwich Village with Hanika Nishida, a friend visiting from Kyoto, Japan.

"I don't know how long it takes for a trend to end and become mainstream, but apparently we've established an industry," said Jennifer Appel, who was one of Magnolia's original owners and now owns Buttercup Bake Shop on Second Avenue near 51st Street.

"You'd think it would reach its peak but it hasn't — people are still into cupcakes, and I don't see it slowing down," said chef Melanie Underwood. Her cupcake classes at Manhattan's Institute of Culinary Education always sell out, with long waiting lists.

Not only is the cupcake's small-size portion appealing, but "it's almost like a comfort food for many people," Underwood said.

"They bring a smile to people's faces," said chef Stephanie Grajales, who created the menu for a $25 US cupcake tea at the Ritz-Carlton hotel. "It takes you back to elementary school cupcakes on your birthday when you were five."

Underwood leads cupcake walking tours to various bakeries, and she's noticed that participants have sharply different opinions on which cupcakes are their favourites. "People have such different palates," she said.

Fortunately, the city has so many cupcake outlets that there's a cupcake for everyone, from vegans to sugar addicts to gourmets. Here are 11 places around Manhattan to get the cupcake of your dreams.

Babycakes NYC
248 Broome St., between Orchard and Ludlow streets, Lower East Side, babycakesnyc.com: When you order, be ready to answer: "Gluten-free or spelt?" BabyCakes cupcakes are vegan: dairy-free, soy-free, egg-free, and most are sweetened with agave nectar.

Customers with wheat allergies take the gluten-free, $3.95 each; the spelt are made from a high-protein grain often used as an alternative to regular wheat, $3.25. But don't worry — the cupcakes are just as delicious as any made with white flour, sugar, butter and eggs.

The lemon is blissful, and the vanilla is so intense and infused with flavour that kids accustomed to bland, mindlessly sweet or artificially flavoured vanilla might have to be convinced that this is what vanilla really tastes like.

Read more on page 33 ››

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National Bowling Week

If you'll be in the U.S. from Aug. 29-Sept. 5, celebrate National Bowling Week by heading to a nearby alley. You can bowl a free game on Sept. 5 by downloading a coupon from gobowling.com and helping to set a record for most games played in a single day. THE ASSOCIATED PRESS

Living large on the Black Sea Riviera

Bulgaria's beach resorts offer plenty of bang for the buck

JOHAN ÖBERG
Metro World News

GAVIN HELLIER/THE IMAGE BANK

Sunny Beach (or Slanchev Bryag), on Bulgaria's Black Sea Coast is the country's biggest and most popular resort.

It's no secret that the Black Sea Riviera, located on the coast of Bulgaria, is a gem, what with its stretches of golden sand, picturesque fishing villages, lively nightlife and very reasonable prices.

But how do you choose which of the riviera's many resorts to chill out at? Here's a primer on the various options available to you:

Sunny Beach: Party town

Sunny Beach is the biggest and most popular resort in Bulgaria, blessed with the longest and widest beach on the coast. It's also very clean, with a Green Flag award to prove it. The town itself with its maze of winding streets is a short distance from the beach, which is lined with hotels. There's something for everyone here, including watersports, mini golf, aqua park, bars, restaurants and discos that attract crowds of hedonistic teenagers.

Golden Sand: Modern

Golden Sands competes with Sunny Beach for the title of best beach resort and attracts both older visitors that prefer resting by the pool, families with children that enjoy the beach and Scandinavian youths that party all night long. Golden Sands is more like any other seaside resort in Europe than any of the other Bulgarian resorts — for good and bad.

Nessebar: Commercial

Southeast of Sunny Beach is the town of Nessebar, a UNESCO world heritage site. Set on a rocky islet connected to the mainland by a tiny road, it's the beautiful old wooden houses, cobblestone alleyways, museums and medieval churches that have put the little town on the map. High season brings a deluge of souvenir shops and coach tours.

Sozopol: Genuine charm

This ancient town on a narrow peninsula is what Nessebar must have once been like, before the invasion of low-end commercial mass-tourism. There are quite a few cozy lounge bars in the cobblestone alleys that weren't there 20 years ago, but otherwise the traditional wooden houses are being refurbished, the ambiance is laid back, several of the restaurants have a nice ocean view and there are two great beaches here. A few kilometres further south there are sandy beaches that stretch for several kilometres.

Balchik: Mini beaches

Further north, the small unspoilt town of Balchik lines a mountainside along the beach. This holiday spot is popular with families with children, who crowd the tiny beaches. The sandy beaches here are man-made, but there are stretches of rocky shoreline and jetties to swim off. The main tourist sight is a royal summer residence with a large botanical garden.

METRO WORLD NEWS

Albena: Car-free

Partly car-free, the purpose-built holiday town of Albena was built in the late 1960s and is easily recognizable by its pyramid shaped hotels. One of the more expensive resorts on the coast, the hotels are spread out over a large green area by the sea.

Read more on page 29 ››

Good to know

Stay: There has been a surge in new hotels the past 10 years and the standard is pretty good. There are also many private rooms to let.
Eat: The Bulgarian cuisine is influenced by the Turkish, with meze and grilled dishes. Beer is cheap and some Bulgarian wine is very good value.
Speak: Bulgarian. In tourist resorts most people speak English and German.
Shop: Handicrafts, leather ware, clothes, wine and spirits are cheap.
Plan: In July and August the beaches are crammed with tourists. The summer season lasts from June to early September.
Browse:
- beachbulgaria.com
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METRO WORLD NEWS

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Mid-air matchmaking
Air New Zealand hopes that love is in the air when passengers take off for a special matchmaking flight. Canadian singles will depart from Vancouver for L.A. on Oct. 13, and transfer onto the flight to Auckland. See thematchmakingflight.com. THE CANADIAN PRESS

>> Continued from page 28

It is very quiet here, with a nice beach, great watersports, and nearby historical villages and picturesque coastline. It feels like a resort for pensioners who want a quiet time and nothing to do.

Obzor: Footnote

Half way between Varna and Burgas is tiny Obzor with 2,000 inhabitants. It is a scruffy little town with a few restaurants lining a square and a few insignificant Roman ruins. But there is a nice sandy beach.

Sveti Konstantin: Relaxed

Sveti Konstantin is the beach resort just nine kilometrestrews from the port city of Varna, the third biggest city in Bulgaria and one of the most attractive cities in the country. Here modern, stylish hotels are appearing at record speed along the beaches. A pleasant place, but mainly popular with locals taking a weekend break from Varna.

Sveti Vlas: For families

Sveti Vlas is a quiet little town by the sea five kilometres north of Sunny Beach, full of Bulgarian charm. Some nice hotels, a few restaurants and several small beaches.

Elenite: Mainstream

This purpose-built resort in a bay is famous for its therapeutic waters, pretty well run and a sedate place in the summer.

Hotels are scattered through a forest that runs alongside a long sandy beach. If you are looking for quiet nights stay here and take the bus to Sunny Beach in search of party.

Primorsko: Cheap

A cozy and relatively undeveloped resort on the southern part of the coast that mainly attracts tourists from Bulgaria and Eastern Europe. The city has a long beach with shallow water. Most tourists stay in self-catering accommodation, but there is a gigantic hotel near the beach. There is good shopping, the food is authentic and there are several bars with cozy sofas to hang out on and sip cheap drinks. You can choose between swimming in quiet waters or big waves.

TEODOR TODOROV
A panoramic view of the resort town of Nessebar, Bulgaria, on the Black Sea Riviera.

Tsarevo: Sleepy

A dustier, sleepier version of Primorsko, Tsarevo used to be the favourite holiday destination for the Bulgarian royal family. Now popular mainly with Eastern European budget holiday-makers.

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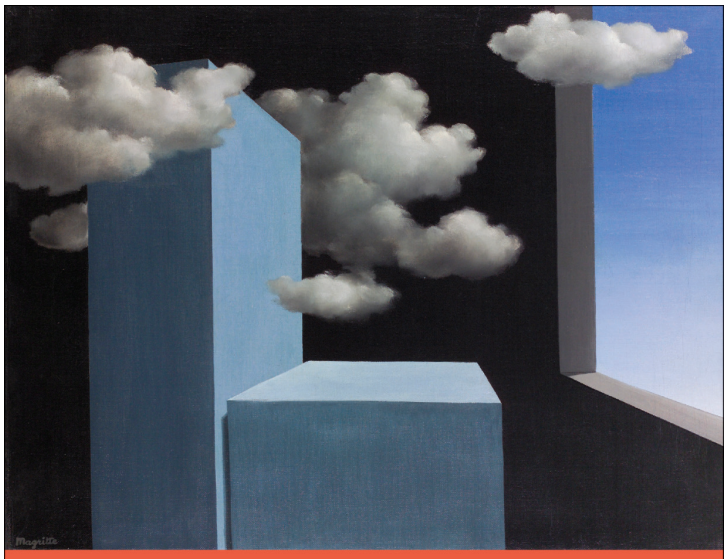

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Canoeists travel on the Peterborough lift lock on Trent-Severn Waterway in Peterborough, Ont. Rising some 20 metres off the ground, the world's highest hydraulic lift lock dwarfs the people who gaze up at it from the canal below.

A spiritual lift

Peterborough's giant lift lock is haunted by a few friendly ghosts

Rising some 20 metres off the ground, the world's highest hydraulic lift lock dwarfs the people who gaze up at it from the canal below.

A handful of tourists crane their necks to take in the three grey pillars that straddle the Trent-Severn Waterway in Peterborough, Ont., while others scurry up the narrow stairs that border the lock to see the view from the top.

A woman pauses halfway up the concrete stairway to photograph the rivulets of water streaming from large iron grates cut into the blackened wall that runs across the canal.

Shadowed by the grey boat bay above, the barred openings in the dripping walls are reminiscent of the dingy interior of a medieval prison.

An apt picture considering the Peterborough lift lock is known not only for its size and stature, but also noted for its spiritual inhabitants.

Lock operator John Stanley makes no bones about the ghostly presences he's worked with over the past two years.

"The lock is haunted," says Stanley matter-of-factly, not a touch of sarcasm in his voice. "We have Bumpy, who is an ex-employee, Billy, who died during construction, and Art."

The water to his right is calm as Stanley discusses his spectral companions from his perch in the control tower, a small room built atop the central pillar of the lock. An intercom crackles, a voice goes out over a loudspeaker and within seconds the mass of water that was stagnant a minute before begins to drop away as a small cheer goes out from tourists watching below.

Working like a teeter-totter, the lock uses gravity to move boats from one side to another in 90 seconds.

While construction on the gravity-operated lock wrapped in 1904, very little in the structure has changed, leading some to wonder if this is the reason its ghosts have kicked around for so long.

"The lock is 105 years old and still operates on essentially the same principle, We're very much original and we work every day," says Stanley.

For those seeking a touch of the paranormal, the lock is teeming with tales that can give tourists goosebumps.

Read more on page 31 ››

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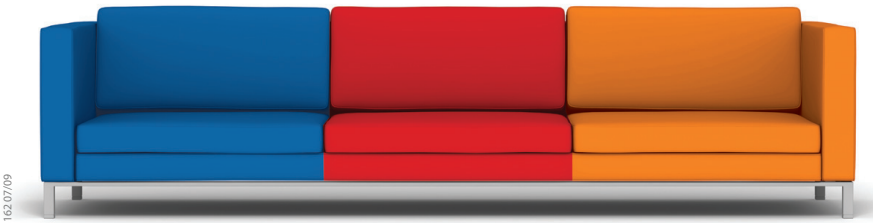

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No liftoff

A company wants to fly helicopter tours over Oregon's Crater Lake National Park — which boasts the deepest, clearest lake in the U.S. — but aviation officials says it will take "several years" to consider the proposal. THE ASSOCIATED PRESS

JAIMI RUOHOLONG/PETERBOROUGH & THE KAWARTHAS TOURISM

The Peterborough lift lock on Trent-Severn Waterway in Peterborough, Ont.

Good to know

- The Peterborough Lift Lock operates from mid-May until Thanksgiving. For more information, visit pc.gc.ca/eng/lhn-nhs/on/trentsevern/visit/visit6/lock21.aspx.
- The visitor centre is open daily through the navigation season.
- Trent Valley Archives' Eerie Ashburnham Ghost-walks explore the lift lock after dark on Fridays through the summer months. Visit trentvalleyarchives.com for further information.

THE CANADIAN PRESS

>> Continued from page 30

One story says a man working on the original construction lost his balance and toppled into the shell of the lock's central pillar, falling to his death. Finding it difficult to extract his body, his fellow workers apparently continued to fill the pillar with cement, encasing his body in the lock forever.

Later on in the construction, when the boat bays were being painted, unstable scaffolding tipped three workers over the edge, killing one who died close to the same middle pillar.

Stanley says although he hasn't seen a ghost himself, he says he has been rattled when working late at night on machinery stashed in the bowels of the lock.

Burrowing as deep as 21 metres into the ground, the area below the lock is a labyrinth of underground tunnels and rooms where the bulk of the ghost stories originate.

"If we have a breakdown at the lock it means myself and my partners are here late until 5:30 in the morning and that's when the spooky stuff starts to happen," says the 23-year-old.

It's the spooky stuff that's made the lock more than an engineering marvel. Tourists from across Canada and as far away as Europe have travelled to Peterborough to take in Lock 21.

"It's a big draw," says Jon Oldham, programming assistant at the Peterborough Museum and Archives, adding that the lock is one of the most popular attractions among visitors and locals in the city of 75,000. "It's sort of iconic for Peterborough."

Diane Robnik, an archivist at the Trent Valley Archives, has been telling tourists and locals of the lock's eerie inhabitants after doing some footwork of her own. She remembers a recent story about a group of men repairing machinery in the damp spaces beneath the lock.

At one point heavy footsteps were heard clunking down the concrete steps that led to the machine room, but no one appeared.

A curious worker stepped outside to find boot prints stamped into the wet floor, trailing down the stairs and disappearing into a hard stone wall.

"They went right into that centre pillar and they were gone," says Robnik.

But although they might give the burliest of men the creeps, the lock's spiritual residents have never caused any genuine harm.

"None of the ghosts have any type of sinister, malevolent feelings," says Robnik. "They just want to play little pranks to just let people know that they're there."

THE CANADIAN PRESS

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The hills are alive around Innsbruck

CELIA PEDROSO
Metro World News

The Austrian alpine city of Innsbruck may not be the obvious choice for a budget holiday, but it's a very good starting point for a low-cost hiking trip.

The area offers breathtaking walks in some of the most beautiful mountains in Europe and reasonably-priced stays in the pretty villages surrounding the Tyrolese capital.

More serious hikers might opt to stay at the welcoming huts that can be found throughout the Alps, where you can sleep soundly and eat very well, generally at low prices.

The unstable weather in the Alps — there are frequent heavy showers even during summer — is not an obstacle for a nice day out in Innsbruck. The pedestrian-only historical centre, the Altstadt, has entire streets packed with shops as well as coffee shops, restaurants and bars with tables in the open air.

This former imperial city thrives on its strategic location, as well as its excellent winter sports infrastructure and summertime nature activities. Surrounded by mountains, it hosted the Winter Olympic Games in 1964 and 1976.

Cable cars take you from the city to several peaks with altitudes above 2,000 and 3,000 metres, so you can start your walk in the heart of the mountains. During the week Austrians of all ages stroll rhythmically along the mountain paths, and on the weekend they're joined by local families. Inns located at key points make it easy to refuel and it's common to see groups of Tyrolese people in cheerful reunions around a table covered with beer glasses after a walk up the mountain.

A hiker strolls in a pasture in the Alps around Innsbruck.

Start your hike in the heart of the Tyrol on the 2,250-metre-high mountain of Patscherkofel, just south of Innsbruck. After a cable car ride up from the Alpine village of Igls, the walk starts at the Zirbenweg path.

Along the route you'll see rare flowers including the Alpenrose (similar to the azalea) and the Enzian, a symbol of the Alps. The paths are well delineated with the international mark, just like the Austrian flag: Two red stripes and a white one.

Once up there, with clear weather, there's a view over a valley several kilometres wide, with Innsbruck down below as well as verdant slopes, rocky mountains and peaks where the snow never melts.

The award-winning Zirbenweg path is considered to be one of the best-kept and has some of the best panoramic views of the Tyrol.

Wooden signs throughout the tracks appeal for good behaviour, reminding people to not throw garbage or shout; and to respect animals and the environment.

Every so often you'll also find small religious altars with ex-voto or crucifixes. There are also small waterfalls, ideal for walkers who need to refresh.

If there's no snow it is possible to reach the top of the Glungezer, at 2,677 metres, and have a meal there. Other options are the Tulfeinalm hut or the hospitable Rinneralm, although it is more remote.

The Alpine inns are welcome after a long hike, with high quality meals and simple but cozy accommodation.

More details

- For more information on the area see innsbruck.info.

Gold Rush Days
Tons of dirt will be dumped on the streets of Old Sacramento, Calif. to prepare for the annual Gold Rush Days, Sept. 4-7. Costumed re-enactors will stage mock gun fights and musicians will play period instruments as the city remembers the 1850s. discovergold.org/familyfun. THE ASSOCIATED PRESS

YANINA MANOLOVA/THE ASSOCIATED PRESS

Sylvia Perez, Cupcake Cafe's bookkeeper, holds a cupcake platter.

The sweeter side of New York City

>> Continued from page 26

Baked by Melissa
529 Broadway, Soho (pick-up window on Spring Street between Mercer and Broadway), bakedbymelissa.com: The city's cutest cupcakes, beautiful bite-size confections with a tall cap of fluffy frosting. Don't be fooled by the pretty rainbow swirls in the tie-dye variety — it's vanilla. Other flavours include cookies&cream, peanut butter cup and cookie dough. At 12 for $10, mix and match a dozen.

Billy's
184 Ninth Ave., between 21st and 22nd streets, Chelsea, and 75 Franklin St., Tribeca, billysbakerynyc.com: Billy's is a popular neighbourhood spot, with a classic chocolate cupcake with sugary frosting that will remind you of the ones mom made for your third-grade birthday, $2.25. Specialty flavours like the delicious banana are $2.75.

Buttercup Bake Shop
973 Second Ave., between 51st and 52nd streets, and 141 W. 72nd St., buttercupbakeshop.com: Stand-outs here include cupcakes inspired by classic desserts like German chocolate cake, rich with coconut; and Lady Baltimore, an almond white cake covered with meringue, cookie crumbs, coconut and a cherry; $2 each.

Crumbs Bake Shop
Locations in New York, Connecticut, New Jersey and California, with 10 in Manhattan including 43 W. 42nd St., across from Bryant Park, and 1675 Broadway, at 52nd Street, crumbs.com: Cupcakes here are a blast from your sweets-filled past, with flavours like Twinkie, Devil Dog, Heath Bar, peanut butter cup, caramel chew, Butterfinger and Nestle Crunch, in addition to traditional varieties, $2.50-$3.75.

Cupcake Cafe
18 W. 18th St., and 545 Ninth Ave., between 40th and 41st streets, cupcakecafe-nyc.com: Open since 1988, Cupcake Cafe was a pioneer in Manhattan's cupcake craze, and its cupcakes remain the most beautiful of any in the city. The frosting on each cupcake is a tiny work of art, bearing colourful flower blossoms, intricately rendered in buttercream, a reflection of owner Ann Warren's background as a painter and visual artist.

But while "the cupcakes are the main claim to fame," regular customer Daniel Brewbaker says he also comes for excellent coffee and cafe conversation. "This is the place where friends congregate, and that's what a coffeehouse has always been," he said. One of Brewbaker's favourites is the outstanding walnut cupcake with maple frosting; $2.50 or $3.50.

Cupcakestop
cupcakestop.com. Check the truck's daily location at twitter.com/CupcakeStop: The cupcake truck's owner, Lev Ekster, graduated in May from New York Law School. Law firm jobs were hard to come by, but Ekster noticed that the bad economy hadn't hurt the long lines outside Magnolia and other cupcake shops. He decided to sell cupcakes. "But it was hard to find a brick-and-mortar location," he said. "A truck was the most affordable way to go to get the business started."

And so the CupcakeStop was born, a mobile cupcake truck. Devotees follow Ekster on Twitter to find out where he'll be; flavours include Key lime and rocky road as well as classics like red velvet, $2.25 (minis, $1).

Ekster says cupcakes are "the ideal mobile food" for 21st-century New Yorkers on the go: cupcake in one hand, and coffee (or maybe an iPhone) in the other.

Kyotofu
705 Ninth Ave., between 48th and 49th streets, kyotofu-nyc.com: Kyotofu's chocolate souffle cupcake contains miso and tofu, and the frosting is made from white bean paste. But this is a cupcake any dessert-lover can enjoy, so good it won New York Magazine's best cupcake award in 2007 — beating out more conventional cupcakes all over town.

Of course, this is not the place to go for your fix of super-sweet buttercream frosting and dense devil's food cake. But the cupcakes are light, delicious and flavourful. The green tea is as sublime as the chocolate souffle; $3.25 each.

Magnolia Bakery
401 Bleecker St., Greenwich Village; 1240 Sixth Ave. at Rockefeller Center; and 200 Columbus Ave., near 69th, magnoliacupcakes.com: These are the city's most famous cupcakes, thanks to Sex and the City. "If you come to New York one day, and you have a list of things you want to do, we're on a lot of lists," said owner Steve Abrams, who bought Magnolia three years ago.

Abrams sells a few million cupcakes a year, "but we bake small batches all day long, and that's why there's a wonderful smell in our bakeries." Cupcakes are $2.50 or $3.

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Toronto Never Smelled So Good

Looking for a very-close-to-home staycation deal? Following in the footsteps of Tourism Toronto's post-garbage-strike Toronto Never Smelled So Good promotion, Expedia.ca is offering Toronto hotel and attraction deals for the remainder of the summer. METRO NEWS SERVIC-

Pacific Northwest waters are 'bodacious' for divers: author

Scuba instructor Mike Hughes says he wants to get divers excited about the "cold yet beautifully bodacious waters of the Pacific Northwest."

In his new book, The Northwest Dive Guide (Harbour Publishing), Hughes outlines destinations in British Columbia, Washington state and Oregon, and also provides information on diving gear and training. He calls Port Hardy, on Vancouver Island, "the pinnacle Northwest dive trip destination."

"Reaching Port Hardy at the end of the road (Highway 19) is the signal that you are mere miles by boat from some of the best cold-water diving in the entire world," Hughes writes.

"These waters are filled with thousands of species of invertebrates, hundreds of species of aquatic birds and mammals, colourful species of fish smaller than minnows and others bigger than the ubiquitous salmon that the local populations of killer whales, dolphins and seals covet so dearly." He also says that off Quadra Island the diving is "spectacular," drawing enthusiasts from around the world. Hughes describes seeing giant tubeworms, strawberry anemones, giant Pacific octopuses, white sea cucumbers and large abalone in the area. Nanaimo and Victoria are among other top B.C. dive destinations, according to Hughes. B.C. waters also offer many options for exploring wrecks such as warships, cargo ships and wooden ships.

THE CANADIAN PRESS

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Outside's picks for Great Lakes

ADVENTURE TRAVEL If you're looking for a place to paddle your canoe, ride your mountain bike, dive, fish or climb, Outside magazine is recommending the Great Lakes. The magazine's August issue lists seven places for outdoor adventure in Minnesota, Michigan, Wisconsin and Ontario. They include:

- Apostle Islands National Lakeshore, in Wisconsin, on Lake Superior's southwest shore, for kayaking. The lake also borders Canada's wild Pukaskwa National Park.
- The Jordan River in Michigan, where you can fly-fish for trout.
- Thunder Bay in Ontario on Lake Superior, known as a destination for diving to explore shipwrecks.
- Tettegouche State Park, in Minnesota, 96 kilometres from Duluth, on Superior's North Shore, for hiking, climbing, and kayaking.
- Kettle Moraine State Forest, in Wisconsin, with hills for ambitious mountain bikers, including a 16-kilometre loop called Blue.
- Killarney Provincial Park in Ontario, where you can hike in the La Cloche Mountains, sail on Lake Huron's Georgian Bay, or stay at the Killarney Mountain Lodge, a wilderness resort.

L.A. landmark hotel closing for makeover

LOS ANGELES The Hotel Bel-Air, which has served Hollywood stars since the 1940s, is closing for a glamourous makeover.

Hotel spokeswoman Alisha Mahon says the Los Angeles landmark will close at the end of September for a two-year upgrade that includes building villas and spa facilities.

The hotel has accommodated stars ranging from Cary Grant and Marilyn Monroe to Nicole Kidman. It was built in 1946 and underwent a $20-million-US renovation in 2006.

THE ASSOCIATED PRESS

Alberta Badlands road trips feature attractions for kids

Dinosaurs, water parks, coal mines among stops

A ride on a ferry, a visit to a coal mine and fun at a water park are part of a Badlands tour geared to kids.

Finnegan Ferry, operating daily from 7 a.m. to midnight, takes passengers for a free 105-metre ride across the Red Deer River near Drumheller, Alta. The ferry is pulled by a cable.

The Atlas Coal Mine National Historic Site offers a "teeth-chattering" ride in a coal car, and visitors can learn how coal was taken from the ground and shipped to market.

And Drumheller's water spray park, with fountains and water cannons, is located across from the "world's largest dinosaur," which stands 26 metres tall. Visitors can climb into the gaping jaws of the attraction.

The road trip starts and ends in Calgary, and also passes through Brooks, Bassano and Strathmore. It's among eight tours for children outlined at canadian badlands.com.

Other attractions on the tours include a sleepover in the dinosaur hall at the Royal Tyrrell Museum, a fossil hike in Dinosaur Provincial Park, a chess game with waist-high pieces in downtown Medicine Hat, a 270-kilogram alligator at Reptile World (billed as Canada's largest reptile exhibit) in Drumheller, and kayaking in Writing-on-Stone Provincial Park. THE CANADIAN PRESS

More details

- For more information, have a look at the eight tours geared toward children that are outlined at canadianbadlands.com.

New 'green' buses to run between Toronto and Montreal

ROAD TRIPS Coach Canada has invested $16 million in 15 brand-new double-decker bus coaches. The environmentally friendly coaches will reduce traffic along the 401 between Montreal and Toronto. The company is offering eight daily departures using the new format buses. As part of an introductory offer, selected Megabus fares are only $1 (plus GST and a booking fee of 50 cents) at megabus.com. The seat sale starts Aug.19.

METRO NEWS SERVICES

Below, a photo of a new double-decker bus that will ferry travellers between Toronto and Montreal.

Visit 1800s-style public market

MONTREAL Wild fruit jams, sausages and spruce beer will be among authentic 18th-century products offered to visitors at a weekend event staged by Pointe-a-Calliere, the Montreal Museum of Archaeology and History.

The museum's 18th-Century Public Market is slated for Aug. 29-30 in Old Montreal.

Visitors will find themselves among storytellers, musicians and artisans recreating the atmosphere of 1750 at the time of the city's first public marketplace, the museum says.

Children can discover French games from the era and be part of a parade. As well, "budding archeologists" can take part in a simulated archeological dig, unearthing artifacts from Montreal's past. And throughout August, visitors can follow a "fleur-de-lys" tour route to discover archeological remains at the museum.

For more information about the public market and the simulated dig, visit pacmusee.qc.ca.

THE CANADIAN PRESS

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Before the curtain fell

The trailer for The Imaginarium Of Doctor Parnassus, which features Heath Ledger in his final role, is now online. Director Terry Gilliam cast Johnny Depp and Colin Farrell take over the scenes Ledger had not yet filmed. **POPEATER.COM**

Entertainment

Photo threat

Nude photographs of Twilight star Ashley Greene have hit the Internet — and the actress' attorney is warning: Post them and you'll likely get sued.
PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

30 years of fashion means choice

Times have changed for women and fashion has followed suit

FlareFashion

Lisa Tant

metronews.ca/flarefashion

From bold padded shoulders to Technicolor eye shadow, the looks from September 1979 may not, at a glance, look much different from this fall's major trends.

After all, what goes around comes around especially in fashion, right?

Not exactly.

As the Editor-in-Chief of FLARE, I've spent hours over the past year going through our archive, planning our 30th anniversary celebration this year. My team and I have had a lot of laughs as we see how much fashion has evolved — but seriously, also how women have evolved as reflected by their wardrobes.

An issue of FLARE from April 1988.

Yes, prominent shoulders are a big trend this year but back in the '80s, they were massive — as in linebacker proportion sized with padding in every layer of an outfit including a camisole, blouse and jacket.

The look mirrored women's newfound power in the workforce — Melanie Griffith in the '80s blockbuster film Working Girl is a perfect example. Everything in the outfit was magnified — door knocker earrings complemented the broad shoulders, pussy-cat bow blouse and ankle-sweeping skirt or culottes. And the beauty routine matched with pouffy hair, multi-hued eyeshadow, thick brushed-up eyebrows and dark lipstick.

The clothes were so big that women looked large as well and the makeup (with a loud fragrance) distracted attention away from its wearer. Not exactly the '80s revival that designers have imagined for Fall '09.

FLARE's September 1983 issue.

"Confidence has shaped fashion trends to where we pick what suits us."

This season, prominent shoulders are an important factor in high fashion — but just a factor. Today, women don't have to prove that they belong in the workforce and use their image and outfit as protection.

Confidence has shaped fashion trends to where we pick what suits us versus back in the early '80s when designers dictated exactly what was fashionable and few dared to go against the grain. When I flip through our earliest issues, I find that the young women and models we featured look overly mature to my eyes. A square-cut short hair style, heavy eye makeup and an overly accessorized outfit made our 25-year-old fashion editor, back in 1979, look more like an ultra-conservative fortysomething today.

FLARE's September 2009 issue.

The strongest trend in 2009 is the freedom of choice that we've won with 30 years of evolving confidence.

So whether you choose to wear a military jacket with prominent shoulders and a pair of acid washed tight jeans, or a matching skirt suit with peep-toe booties — the choice is yours.

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ROBBIE COLLIN, NEWS OF THE WORLD

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Elton John working with Alice In Chains
Elton John is among the rock legends who are collaborating on Alice in Chains' new album, Black Gives Way to Blue, which his stores at the end of September. METRO NEWS SERVICES

Young named MusiCares Person of the Year

AWARD Neil Young is finally going to be recognized by the Grammy Awards.

The Toronto-born 63-year-old, who has never won a Grammy, will be honoured as the 2010 MusiCares Person of the Year with a gala dinner and a concert just prior to next year's Grammys.

The award recognizes artistic accomplishments as well as philanthropic work.

Young becomes the first Canadian to ever receive the honour, following such past winners as Bono, Quincy Jones, Elton John and Aretha Franklin.

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Men on a mission

Inglourious Basterds latest in popular genre

PHIL BROWN
for Metro Canada

Quentin Tarantino's latest pop art extravaganza, Inglourious Basterds, once again resurrects a formerly popular genre.

Having previously dabbled in the heist film, blacksploitation cinema, the chopsocky epic, and grindhouse horror, Tarantino has now turned his attention to a specific subset of war movies: The men-on-a-mission tale.

These films typically involve following a group of walking piles of testosterone on a seemingly impossible mission. Tarantino has assembled a colorful cast of characters, lead by Brad Pitt, who make it their goal to inflict as much pain on Adolph Hitler's Nazis as possible during the Second World War.

Inglourious Basterds stars Brad Pitt.

Inglourious Basterds hits theatres next week

As always, his film is steeped in movies of the past. Here are a few examples of the best men-on-a-mission movies that preceded Inglourious Basterds.

The Dirty Dozen: The granddaddy of all men-on-a-mission tales refines the genre to its most basic components. We see a group of badass actors assembled for a special mission, watch them train, fight, and bond with each other, and then see the gang head into the big game for a massive and gloriously violent climax.

The cast is stocked exclusively with guys' guys like Lee Marvin, Charles Bronson, John Cassavetes, and football great Jim Brown. Even at an epic 150 minutes, this is a streamlined action feast made to appeal to the audience's base macho instincts. The movie has become a cable classic for a reason: It elicits the same hoot-and-holler response from the target audience as a football game.

The Big Red One: Writer/director Sam Fuller made a career out of aggression and sensationalism, but didn't create the most personal and arguably best film of his career until his '70s. The Big Red One once again puts Lee Marvin in command of a group soldiers during the Second World War, but this time Fuller mixes depressing wartime realism with the over-the-top theatrics (including the finest cinematic depiction of D-day until Spielberg went to Normandy).

Available in a sadly truncated theatrical cut and an overlong, but more satisfying director's cut, this is one of the most unsentimental war movies out there.

The Inglorious Bastards: Tarantino stole the title and atmosphere from this ridiculous Italian exploitation flick from the '70s, but little else. The movie is about a group of American soldiers being sent home for various crimes (including murder), whose transport gets attacked by Nazis, forcing them to fight there way through Germany to make it to Switzerland and freedom.

It's absurdly violent and over-the-top, but that's just part of the fun. Starring '70s exploitation icon Fred Williamson, this is a lost trash classic.

Saving Private Ryan: Though Steven Spielberg's trademark sentimentalism and humanism might keep most audiences from recognizing it as being part of the genre, this is a men-on-a-mission film through and through. The movie has all the action and macho one-upmanship that defines the genre, it's just presented in a more realistic and Oscar friendly package.

Take off the unnecessary wrap around plot at a military graveyard and this is one of the purest and most entertaining men-on-a-mission movies ever made.

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Bathroom troubles

Usher's bathroom has ignited a war between the singer and the plumbers who worked on it. Bobo's Plumbing Company in Georgia claims they never got paid for the $2,335 US worth of work they did on Usher's mansion back in 2007. TMZ.COM

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Like Elvis all over again?

In the days after Michael Jackson's death, Joann Smith couldn't turn off her TV. She felt she was reliving the pain of her own idol's death almost 32 years ago — Elvis Presley.

"I said 'I can't believe it's happening again,'" Smith recalled. "It hurt, it really did. Even though I wasn't a Michael Jackson fan, I could feel the pain because it happened to somebody I had loved, and I know what his family and his fans were going through."

Smith, who is president of the Elvis Fever fan club in Jacksonville, Fla., and millions of others will remember the fallen icon Aug. 16, the day he was found dead in his home at age 42 in 1977, the victim of heart failure worsened by prescription drug abuse.

They are quick to offer advice to Jackson fans: Focus on the pop idol's music and generosity, not his shortcomings or the rumours about his death.

"Don't believe everything you hear and read," Smith warned. "Respect him for what you hear of his music and don't listen to the gossip."

Sandi Pichon of Slidell, La., who says she knew Presley personally and has written two books about him, Raised on Elvis! Elvis! Elvis! and Elvis on Tour '75, says the pain will ease but never lift.

"Much like Elvis, once he touched your life you're never the same," Pichon said of Jackson. "The comfort they are going to find is listening to his music and relying on his memories and keeping the positive things alive."

Pichon will travel to Presley's Graceland mansion in Memphis for Elvis Week, a nine-day run of festivals and events that began Saturday.

If Presley is any guide, there will be a proliferation of Jackson fan clubs. Elvis Presley Enterprises, a corporate entity created by Presley's trust to run Graceland, recognizes more than 500 active fan clubs around the world.

"It's really nice to get together and reminisce — 'Did you see Elvis in concert?' 'What was it like?' 'I played this record until it was no more and I had to replace it,'" said Geri Vegher, president of Oklahoma Fans for Elvis. "It makes a difference to get together and talk things out and relive your memories. I'd tell Michael Jackson fans to be prepared to do that and to do it with gladness."

Fans say it also helps having Graceland, a bustling museum and tourist site with more than 600,000 people a year passing through its music-note encrusted gates. The 13.8-acre home and grounds include the singer's grave.

"I think it makes a difference," Vegher said. "I stand honour guard every year (at Graceland), and when people go up the hill to the grave site they're laughing, they're talking, they're reliving their memories. But when they come back down on the other side, they're sober, they're crying, they're very emotional." THE ASSOCIATED PRESS

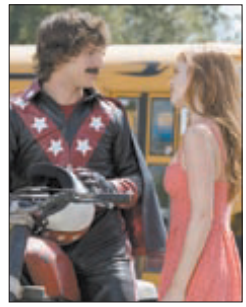
GREG CAMPBELL/THE ASSOCIATED PRESS

Elvis fans tour past the graves of Elvis Presley and his family at Graceland in Memphis, Tenn.

TO	Vu	SC		C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 8/12/09	265	353	2	TVO	Expedition: Guyana		Women Behind the Badge		The Street		The View From Here "I, Curmudgeon"		
	211	331	3	GTV	ET Canada	Entertainment	Bones (HDTV PA)		Wipeout (HDTV) (N)		The Philanthropist (N)		News
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere Il	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy!	Dragon's Den (HDTV)		The Tudors (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Who Wants to Be a Millionaire		Murdoch Mysteries (HDTV)		Murdoch Mysteries (HDTV)		News
	212	313	8	CTV	etalk	Hollywood	So You Think You Can Dance Canada (N)				CSI: NY "Prey" (HDTV)		News
	218	345	11	E!	The Insider (N)	E! News	Psych		D. Richards	Kendra	Kardashians	Candy Girls	News/Eleven
	137	763	13	TFO	Panorama été	Météo	Tout simple	Villages	*After Life* ★★★ (1998, Fantastique) Arata, Erika Oda.				Météo
	-	-	14	-	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	Stargate SG-1		*The Immortals* ★★ (1995, Drama) Eric Roberts.				To Serve and Protect		Becker
	-	387	16	CBS	Inside Edition	Hollywood	Old Christine	Gary Unmarr	Criminal Minds (HDTV)		CSI: NY "Prey" (HDTV)		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	TV's 50 Funniest Phrases		America's Got Talent		The Philanthropist (N)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy!	Who Wants to Be a Millionaire		Wipeout (HDTV) (N)		Primetime: Crime (N)		News
	219	346	20	ACH-B	The Road to Avonlea		Old Christine	Gary Unmarr	America's Got Talent		Monk		A News
	-	-	28	FOX	Judge Judy	Two/Half Men	Bones (HDTV PA)		Lie to Me (HDTV)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Wait for God	Live From Lincoln Center (N)				Wide Angle (HDTV)		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	America's Next Top Model		America's Next Top Model		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy!	Dr. Phil (HDTV)		WBZ News (N)	What's-Store	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Next Model
news	502	390	26	NW	CBC News	Fortune	The Hour		CBC News: The National		Python Invasion		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports		American Greed		American Greed ID thieves.		Mad Money
sports	405	417	22	net	MLB Baseball Detroit Tigers at Boston Red Sox. (HDTV) From Fenway Park in Boston. (Live)						Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	ATP Tennis Rogers Cup -- Early Round. (HDTV) From Montreal. (Live)						SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Ghost Hunters		Dog the Bounty Hunter		Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81	SC	Pimp My Ride	Pass Time	Amer. Thunder	Pinks Outtakes	Pass Time (N)	Pass Time (N)	Wrecked	Wrecked	Pimp My Ride
family	551	542	25	YTV	In Real Life		Malcolm-Mid.	Futurama	Survive This	Adrenaline Proj	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	Father of Pride	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Style by Jury	Friends	Grocery Bag	Grocery	Love It or List It		*Cradle of Lies* (2006, Suspense), Dylan Neal		
	570	580	29	MM	One Tree Hill		Degrassi: TNG	Instant Star	Making His Band		Video on Trial	Degrassi: TNG	Video on Trial
	615	520	31	A&E	Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter		Dog the Bounty Hunter		Criss Angel Mindfreak		Criss Angel
	700	800	35	TLN	Centrovetrine	Sky TG 24	Elisa di Rivombosa		Elisa di Rivombosa		Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT	Project Dad	Project Dad	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	One on One
	616	521	39	SHO	The Outer Limits		The Guard (HDTV)		*Lost Behind Bars* (2006, Suspense) Paget Brewster.				House
	620	523	40	BVO	The Achievers	Bravo!Videos	Arts & Minds	O'Reagan File	Wingfield	Wingfield	Speaking Volumes		Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	ET Canada
	522	506	43	HIS	NCIS "Angel of Death"		Cities of the Underworld		Ice Road Truckers		NCIS "Angel of Death"		Sea Hunters
	625	548	44	COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Jon Dore Show	Tosh.0	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Big City Broker	The Stagers	Property Virgin	Hid Potential	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	*Interview With the Vampire* ★★★ (1994, Horror) Tom Cruise, Brad Pitt.					Seinfeld	*My Fellow Amr*
	576	582	49	BET	106 & Park	*Waiting to Exhale* ★★★ (1995, Comedy-Drama) Whitney Houston.					Frankie	The Game	W. Williams
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Primeval		Stormworld (N)	Stormworld (N)	Stargate SG-1
	581	566	52	MTV	MTV Cribs	After	MTV News	Cribs	The Real World		The Real World (N)		MTV Live
	618	524	54	TROP	The Crow: Stairway to Heaven		What Happen?	What Happen?	Deal or No Deal Canada		Family Guy	Seinfeld	Seinfeld
	603	561	56	FOOD	Chef at Home	Fresh-Anna	Restaurant Makeover		Iron Chef America		The Next Food Network Star		Opening Soon
	261	394	60	V	Murder, She Wrote		Keeping Up	Foot in Grave	Doc Martin		Recreat. Eden	Prenup	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	etalk	Canada's Next Top Model		Tonight Show-Conan O'Brien		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	Max & Ruby
	115	711	101	TVA	Les Gags	Histoires-filles	Les Anges de la rénovation		Mollie "Indiscrétions" (SC)		TVA 22 heures	Sucré-salé	*Dites moi*
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Medium		The Closer "Next of Kin"		Mediums	Psychic Detect	Mediums
	300	601	301	M1	*Fur: D. Arbus*	(7:25) *Hot Rod* ★★ (2007, Comedy)			*I Now Pronounce You Chuck and Larry* (2007, Comedy)				*Vacancy 2: Cut*
	305	612	306	PIX	(5:55) *The Gospel of John* ★★ (2003, Drama)				*Fear* ★★ (1996, Suspense)			(10:40) *Ararat* (2002)	

critics'corner

Hot Rod
Rod (Andy Samberg) is a geeky wannabe daredevil who rides a moped, wears a Burt Reynolds mustache, and idolizes Knievel and his own late daredevil dad. When his obnoxious stepfather (Ian McShane) needs an operation, Rod plans to raise the money by setting a new record for jumping over buses. Perhaps the best stunt in this movie was pulled off by the casting director, who got Oscar winner Sissy Spacek to play Rod's mom.
7:25 PM on M1



The Tudors
In case you didn't think he was serious, Henry (Jonathan Rhys Meyers) lays down the law in this episode. He decrees that all his subjects must take an oath acknowledging his supremacy and the validity of his marriage to Anne Boleyn (Natalie Dormer). The penalty for refusing or breaking the oath? Off with ... well, you know. Oh, and while he's at it, he decrees that only his and Anne's offspring are eligible to inherit the throne. 9 PM on CBC

Foxx a fan of local rapper Drake

MUSIC Actor-singer Jamie Foxx says he's taking Toronto rapper Drake under his wing as his fame skyrockets. The Texas-born Oscar winner says he thinks Drake "can really be a superstar" in the music industry. Foxx adds he wants to help the 22-year-old, whose full name is Aubrey Drake Graham, "every step of the way." Drake plans to release his debut album, Thank Me Later, by year's end.
THE CANADIAN PRESS

In brief

TIFF Music legends Neil Young and Joan Baez and renowned directors George A. Romero and Jonathan Demme are slated to host free events during next month's Toronto International Film Festival.
THE CANADIAN PRESS

Kenya's Style
Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Hudson's first baby
Singer Jennifer Hudson gave birth to her first child, David Daniel Otunga, Jr., on Monday. He is named after Hudson's fiancé, David Otunga. "The baby is beautiful and perfect," says Hudson's publicist Lisa Kasteler. "His parents are ecstatic." METRO NEWS SERVICES

Celebrity Buzz

Nicole's pregnancy fix: In-N-Out

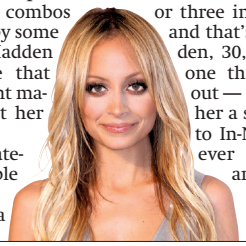
MUST-HAVE With Nicole Richie due to have their second child in weeks, papa Joel Madden dishes on Richie's pregnancy cravings, people.com reports.

In lieu of the pickles and ice-cream combos demanded by some women, Madden tells People that the expectant mama has kept her list short.

Unfortunately, the simple requests come at a high price: While Richie's cravings may be limited to hamburgers from California's In-N-Out chain, the hunger pangs can occur any time — day or night.

"It's usually about two or three in the morning, and that's on me," Madden, 30, said. "I'm the one that has to run out — either go make her a sandwich or go to In-N-Out or whatever she wants at any given time."

METRO NEWS SERVICES



MJ's autopsy results kept hush-hush

UNDER WRAPS Michael Jackson's final autopsy report is for detectives' eyes only, people.com reports.

The Los Angeles coroner has completed its investigation into the death of Jackson, but the LAPD has asked for a security hold on the results as it continues its investigation.

Los Angeles police and federal drug investigators have launched a manslaughter probe apparently focusing on Jackson's personal physician, Dr. Conrad Murray, but also including other doctors, whose records have been seized.

The investigation has looked into the role the powerful anesthesia Propofol may have played. Murray was treating Jackson when the entertainer was stricken at home.

"The extension of security measures will help maintain the integrity of the investigation and allow investigators from LAPD's Robbery Homicide Division, as well as our partner law enforcement agencies to continue their investigation," the LAPD added. "The investigation being conducted by the LAPD has included dozens of individual interviews and the service of search warrants locally and out-of-state."

Miranda Sevcik, a spokeswoman for Murray's attorney Ed Chernoff, told People: "All we can say on this latest development is that we look forward to reading the report when it comes out."

METRO NEWS SERVICES

Miley a Robert Pattinson convert

CHANGE OF HEART Miley Cyrus may have bashed Robert Pattinson in the past, saying, "Girls aren't really in love with him — they're in love with his Twilight character," but after meeting the heartthrob, she's changed her tune. "Gave a hug to Rob Pattinson today," Cyrus wrote on Twitter. "OK, girls, I get it now. So cute. Sorry 'Robby' about all my bashing in my past."

METRO WORLD NEWS

Renée and Bradley a secret item?

NEW FLING Renée Zellweger and Bradley Cooper have sparked speculation they are dating, after they were spotted together in Spain, femalefirst.co.uk reports.

The stars recently enjoyed a night out at an Italian restaurant in New York, where fellow diners claim they acted like the perfect couple.

An eyewitness said, "He pulled her chair out for her when she sat down and he kissed her on the hand. If they're just friends, they were being awfully affectionate! Throughout the dinner they were playful and flirty." And now the two, who star together in upcoming movie Case 39, have added fuel to the relationship rumours — by being snapped together in Spain over the weekend.

Zellweger and Cooper were spotted separately at JFK Airport in the Big Apple on Sunday — but were seen beside each other by the time they touched down in Spain just hours later, according to radaronline.com.

METRO NEWS SERVICES

GETTY IMAGES

Prince in $300K rental row

BIG SPENDER Pop star Prince is embroiled in a lawsuit after allegedly failing to collect a $300,000 US security deposit from a house he was renting, femalefirst.co.uk reports.

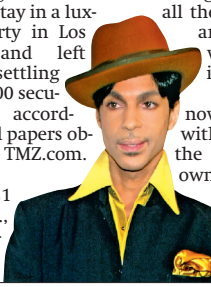
The Purple Rain singer was paying $150,000 US a month to stay in a luxury property in Los Angeles and left without settling his $300,000 security bond, according to legal papers obtained by TMZ.com.

Property agents 3121 Rep Inc., the company that brokered the lease for Prince, filed a lawsuit in June suing the owners of the house in an attempt to get the money back.

But the homeowners want to give the money straight back to Prince, insisting the superstar made all the payments himself, and claiming 3121 was just a third party in the arrangements.

The two sides are now suing each other, with 3121 demanding the $300,000, while the owners of the L.A. property want their lawyer's fees paid.

METRO NEWS SERVICES

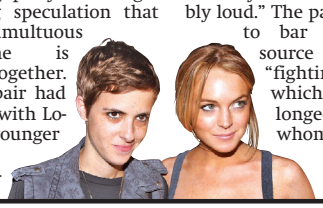


LiLo and Sam reunite in Chicago?

SO HAPPY TOGETHER Lindsay Lohan surprised on-and-off girlfriend Samantha Ronson by showing up at her birthday party in Chicago, fuelling speculation that the tumultuous twosome is back together.

The pair had dinner with Lohan's younger sister, Ali Lohan, before heading out to catch a concert at the Hard Rock Hotel, according to Page Six source, who said, "Lindsay was being horribly loud." The pair headed to bar where a source saw them "fighting over which drink belonged to whom."

METRO NEWS SERVICES



Stars rattled by Japan quake

CLOSE CALL Jessica Simpson feared she was "hallucinating" when she was caught in an earthquake measuring 6.6 on the Richter Scale, femalefirst.co.uk reports.

Simpson wrote on Twitter: "Thought I was hallucinating. I have never felt anything like this in my life. Laying in bed watching CNN."

Beyoncé Knowles and her sister Solange were also in the country. Solange wrote on Twitter: "My sister said she was scared out of her mind and calling my mom and I was snoring."

METRO NEWS SERVICES

Janet far from ex's mind?

MOVING ON Janet Jackson is keeping a low profile after the death of her brother and the end of her seven-year relationship with Jermaine Dupri. But Dupri seems to be coping just fine.

The producer was allegedly flirting with any woman he could get his hands on at a Pete Yorn show in Chicago recently, Gatecrasher reports. "Jermaine was partying with friends and chatting up lots of girls," a source said. "He was in great spirits, and Janet seemed to be the furthest thing from his mind."

METRO WORLD NEWS

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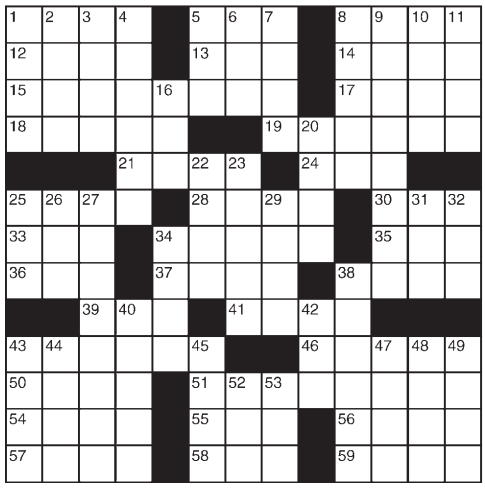


1 Duchamp's art movement
5 Uncooked
8 Remain
12 Tel —
13 Blackbird
14 Vagrant
15 Downhill racer
17 Follow the rules
18 Follow
19 Food fish also called mahi mahi
21 Coagulate
24 Year-end abbr.
25 Familiar folks
28 Actress Campbell
30 Letterman's network
33 Id counterpart
34 Farm statistic
35 Erstwhile acorn
36 San Francisco's — Hill
37 Ms. Moore
38 Wan
39 Singer Sumac
41 No neatnik
43 Urge earnestly
46 Eccentric
50 Tow
51 Admittedly
54 Advantage
55 Actor McBride
56 Black, in verse
57 Tree hugger?
58 Glutton
59 Ohio nine
1 Cornerstone

DOWN

info
2 Shakespeare's river
3 Firsties
4 Acknowledge
5 Scott Joplin's music
6 Ortiz of "Ugly Betty"
7 Kite flyer's need
8 Coast
9 Shag et al.
10 Sleeping
11 Vacillate
16 Solidify
20 Keatsian works
22 Formerly
23 Contract details
25 Author Follett
26 Billy Joel's "— to Extremes"
27 Vessels that resemble stout men
29 Bridal cover
31 Scrooge's cry
32 Firmament
34 Hebrew month
38 Exploitative one
40 Pack animals
42 Indivisible
43 Throat clearer
44 Pedestal part
45 Engrave
47 Toothpaste holder
48 Walked (on)
49 Longings
52 Discovery call
53 Ginormous

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

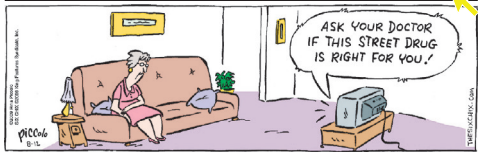
				2		4	3	1
		9						7
	8				5		6	
			4			7		
1	2		3		7		9	4
		4			8			
	5		1				2	
4						5		
9	7	3		8				

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

1	8	6	9	2	5	3	4	7
3	7	4	6	8	1	5	9	2
9	2	5	7	4	3	6	8	1
7	3	9	8	1	4	2	6	5
2	5	8	3	6	9	7	1	4
6	4	1	2	5	7	8	3	9
8	6	7	4	9	2	1	5	3
4	1	3	5	7	8	9	2	6
5	9	2	1	3	6	4	7	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Roasted Salmon with Sautéed Greens

INGREDIENTS:
1/4 cup (50 ml) balsamic vinegar
2 tbsp (25 ml) brown sugar
1 tsp (5 ml) mustard powder
1/2 tsp (2 ml) salt
1 1/4 lbs (625 g) salmon, cut into 4 pieces
1 tbsp (15 ml) olive oil
1 large red onion, cut into thin strips
8 oz (250 g) baby spinach

METHOD:
1. Preheat broiler. In small bowl, combine vinegar, brown sugar, mustard and salt. Brush 1/2 of mixture over salmon. Broil until opaque, 4 to 5 minutes, brushing with vinegar mixture after 2 minutes.
2. Meanwhile, heat oil in large skillet over medium heat. Add onion and cook until lightly browned, 2 minutes. Cover and cook until tender, 2 minutes. Add spinach and cook, stirring, until almost wilted, 1 minute. Add remaining vinegar mixture and cook, stirring, until spinach is wilted and sauce thickens slightly, 1 minute.
3. Divide spinach mixture equally among 4 dinner plates. Top each serving with piece of salmon.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
The presence of someone you don't get along with is upsetting your emotional balance, so don't hang around. Have the confidence to get up and go.

TAURUS ♉
APRIL 21-MAY 21
What happens today will give you a target to aim for, one you see as an exciting challenge rather than as a threat to be avoided.

GEMINI ♊
MAY 22-JUNE 21
The most important thing today is that you stay calm in all situations. The second most important thing is that you keep recent setbacks in perspective.

CANCER ♋
JUNE 22-JULY 22
Not everyone approves of your aims and ambitions, but why should that bother you? For too long you have tried to win certain people over.

LEO ♌
JULY 23-AUG 23
There may be all sorts of negative things going on in the world around you but you can, you must and you will remain positive today.

VIRGO ♍
AUG 24-SEPT 22
The obstacles you face may be huge but you have what it takes to overcome every last one of them. Never doubt that you were born to be special.

LIBRA ♎
SEPT 23-OCT 23
You may want to cut yourself off from the world and have some peace for a while but there is so much going on that it's not really an option.

SCORPIO ♏
OCT 24-NOV 22
This will be a productive day, but try not to waste time and energy on tasks that bring little or no benefit to you personally.

SAGITTARIUS ♐
NOV 23-DEC 21
You may not be getting the rewards you think you deserve but don't fret because a week or so from now your name will be up in lights.

CAPRICORN ♑
DEC 22-JAN 20
A journey of some kind will be a lot of fun but it will also bring you face to face with situations you are not sure how to handle. That's good.

AQUARIUS ♒
JAN 21-FEB 18
It may seem to some people that you have finally flipped your lid but in fact you have never been more rational. You see what others have missed.

PISCES ♓
FEB 19-MARCH 20
Make it your business to find out why a loved one is feeling low, then do something about it. Pisces to the rescue — again.

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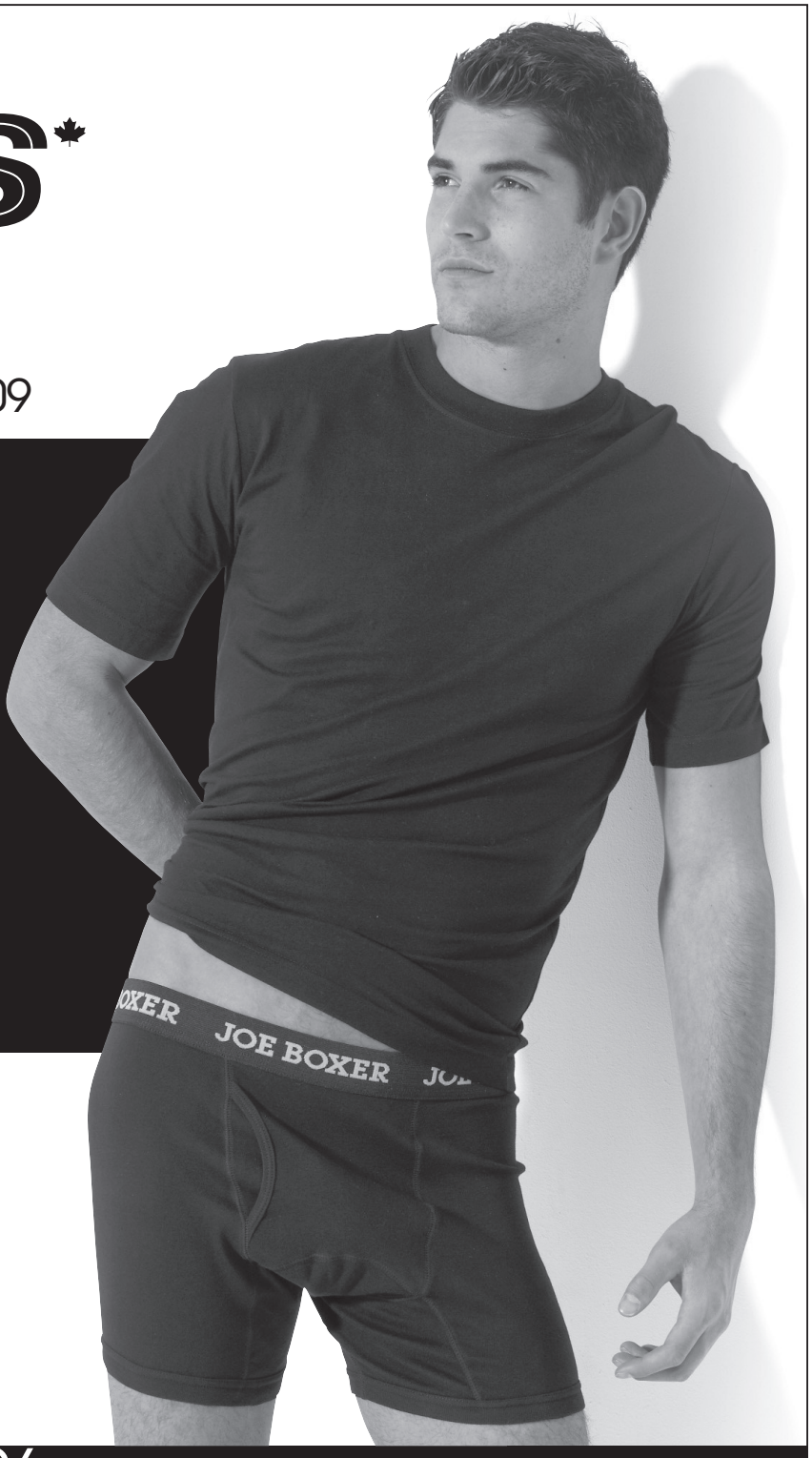
Choose from Joe Boxer®, Stanfield's®, Nike®, McGregor® & more
Selection varies by store. While quantities last



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****All** men's swimwear**

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KIA SUMMER SALE

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ON ALL 2009 MODELS*

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-$3,600 CASH BACK

$9,995* AND 0%

PURCHASE PRICE — FINANCING

- 4-cylinder 1.6L CVVT engine
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HWY: 5.9 L/100KM 48 MPG CITY: 7.3 L/100KM 39 MPG

EX MODEL SHOWN

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OWN IT FROM ~~$19,995~~

-$2,500 CASH BACK

$17,495* AND 0%

PURCHASE PRICE — FINANCING

- 4-cylinder 2.4L CVVT, or available 2.7L CVVT V6 engine
- Automatic transmission
- Standard ABS with Electronic Stability Control and Traction Control System

★★★★★ Crash Test Rating NHTSA - Frontal impacts**

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AVAILABLE 7 SEATER

HWY: 7.5 L/100KM 38 MPG CITY: 10.6 L/100KM 27 MPG

EX MODEL SHOWN

2010 SOUL

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OR LEASE FOR

$199* AT **3.9%**

PER MO. 48 MOS.

LEASE APR* $785 DOWN PAYMENT

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- Standard 6 airbags, with active front headrests
- Bluetooth® hands-free cell phone connectivity
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HWY: 6.3 L/100KM 45 MPG CITY: 7.7 L/100KM 36 MPG

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*MSRP for 2010 Soul 1.6L MT (SO550A) is $15,495. Delivery and destination fees of $1,650 excluded. ◆Monthly lease payment for 2010 Soul 1.6L MT (SO550A) is $199 for 48 months at 3.9% lease APR with a $785 down payment. Total lease obligation is $10,357 with the option to purchase at end of term for $6,815. Delivery and destination fees of $1,650 excluded. ◆◆Purchase price for 2009 Rio EX MT (RO5429)/2009 Rondo LX AT (RN7519) is $9,995/$17,495 and includes a cash rebate of $3,600/$2,500 based on an MSRP of $13,595/$19,995. Delivery and destination fees of $1,455/$1,650 excluded. License, registration, insurance, dealer administration fees and taxes are excluded. Other lease and finance options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. ◇ Cash back and 0% purchase financing available on all 2009 models for 48 months on approved credit (O.A.C.). Cash back amount varies by model. Not applicable on future value financing. ◆Kia's Integrity Advantage is underwritten by Echelon General Insurance Company and is valid on any new Kia model financed or leased through an authorized Kia dealer, for up to one year after purchase, and covers negative equity up to $7,500. Please refer to your Kia Integrity Advantage insurance policy document for full terms and conditions. Only available at participating dealers. Restrictions apply. Coverage options vary by province. See your participating Kia dealer for details. The Echelon General Insurance Company logo is a Registered Trademark of Echelon General Insurance Company. >Highway/city fuel consumption for 2010 Soul 1.6L MT is 6.3 L (45 MPG)/7.7 L (36 MPG); 2009 Rio EX MT is 5.9 L (48 MPG)/7.3 L (39 MPG); 2009 Rondo LX is 7.5 L (38 MPG)/10.6 L (27 MPG) per 100km. The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. ‡Green Score for Kia Rio/Rondo based on manual/automatic transmission specification within their segment. Refer to GreenerCars.org for full details. ††NHTSA (National Highway Traffic Safety Administration) test results. Visit www.safercar.gov for full details. †Visit autos.msn.com for full details. ▼Some conditions may apply to the $750 Kia Mobility program. See dealer for details. ◆Kia's "Worry-Free Comprehensive" warranty covers most vehicle components against defects occurring under normal use and maintenance conditions. Bluetooth technology and SIRIUS® Satellite Radio available on select 2009 and 2010 models. The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. © 2009 SIRIUS Canada Inc. See dealer for details. Price, availability and specifications are subject to changes without notice. Some vehicles advertised may include optional accessories or after-sale equipment and may not be exactly as shown. Information in this advertisement is believed to be accurate at the time of print. Offer ends August 31, 2009 and is valid for residents of Ontario and Manitoba only. KIA is a trademark of Kia Motors Corporation.